

# THE Messenger

free weekly • also available online

Lakes, Bay & Region • June 25 2018



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OUR READER RECIPE  
COMP CONTINUES  
THIS WEEK'S READER RECIPE  
EASY BEEF CROQUETTES

## WHAT'S ON THESE HOLIDAYS

+

Last Minute  
School Holiday  
Escapes

**Your Say:** East Ridge Riff-Raff • Empathy still alive in North Lakes

**Leonie:** Soul Mates and Horoscopes - real or rubbish?

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# THE Messenger

Now in its twelfth year, the Messenger is your free weekly publication. Wholly owned, operated and produced locally. Proudly independently published.  
ABN 129 5493 7979.

## CONTACT US

### NEWSROOM/EDITORIAL/SUBMIT A STORY

The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email your reports and pictures to Editor Dan Fidler via:

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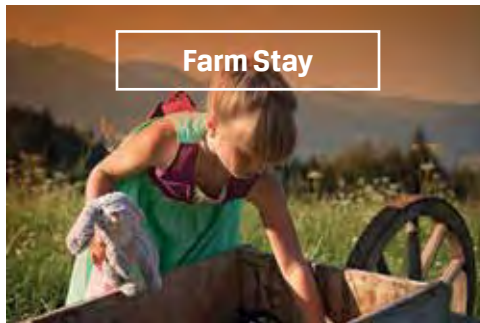


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Tangalooma



Farm Stay



Strawberry Picking

# Last Minute School Holiday Escapes

Cheap, adventurous, exciting, last minute, local, or even free... The kids are on the loose but here are some great ideas to give you a break as well (from kids whining about being bored).

WRITES CEI CREIGHTON

School holidays are nearly upon us and they bring with them respite from ironing uniforms, making lunches, monitoring homework and the endless repetition of 'hurry up, it's time to go!'. This is the time to ignore the housework and loll about, right up until you are tripping over each other and refereeing who's turn it is to do this or that (you know it, we've all been there). This is the

time to travel, whether for a day, a weekend, a week or the entire school holidays.

But where to go and what to do apart from hitting the theme parks? The good news is that there is still availability for many of even the most popular overnight spots. Here are some fantastic last minute options for family fun.

## Tangalooma Island Resort (Moreton Island)

An island beach holiday just a 75 minute boat ride from Brisbane. The kids (both young and old) will love the unique experience of hand feeding wild bottlenose dolphins at sunset. In addition to dolphin feeding, the range of activities is extensive including quad bike riding and sand tobogganing. However these school holidays are PERFECT for whale watching! The whales are here, and you don't need to leave Brisbane to see them. Tangalooma can be enjoyed as a day trip or book a night or two for a real break and to enjoy the breathtaking sunsets over the water.

## Farm Stay or Visit

Get your country on... Milking the cows in the dairy herd, feeding the animals and collecting

eggs might be chores for farmers, but for you they can be a unique experience. Or how about going for a horse ride, learning how to crack a whip, catch a fish and enjoy fresh damper.

All of this is less than two hours from Brisbane, where you can experience what life is really like on the farm. There are five farm stays near Brisbane where you can get involved with daily activities, or if you'd prefer to just take in the wide open spaces and almost too-good-to-be-real scenic views of rugged mountain ranges, that's okay too!

Maleny Dairies is the perfect day trip. Discover for yourself the process of milk from the cow to the bottle and everything in-between. You can cuddle up to some farmyard friends, feed the animals and watch the tour cow being milked. A farm visit or stay is where the kids can get their hands dirty for all the right reasons.

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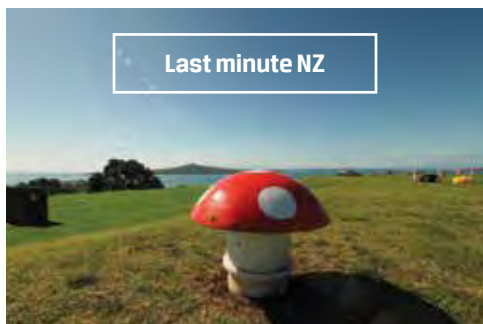
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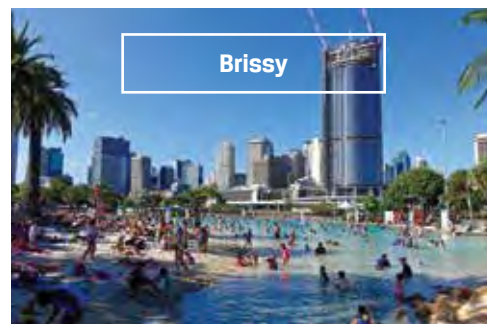




Dinosaur Trail



Last minute NZ



Brissy

strawberry fields in every direction with those bright and juicy berries easily accessible for even the littlest fingers. A must for strawberry picking is old clothes and gumboots (or shoes that you are OK with being squishy at the end of the day). Strawberry Fields Palmview and Rolin Strawberry Farm Elimbah are open and ready for picking, so grab a hat and enjoy some Vitamin D and fresh air. How about a great addition to school lunches next term... homemade strawberry jam.

#### Dinosaur Trail (Outback Queensland)

It's no secret that kids love dinosaurs, so head to outback Queensland to discover the fossils at Winton, Richmond and Hughenden. The trail includes Lark Quarry Conservation Park, where you will find the only evidence of a dinosaur stampede in the world, and you can even try to find a dinosaur fossil yourself. If you don't fancy the road trip to get up to the region, there are very affordable flights available to either Emerald, Mackay or Townsville where you can pick up a hire car and journey along the Dinosaur Trail discovering a range of unique experiences not available anywhere else in the world, let alone Australia.

#### A little further afield...

If you are looking for something for a week or so, there are some great options available. There are two P&O cruises departing Brisbane heading up the Queensland Coast for seven nights during the school holiday period. There are limited number of cabins available, but if you want a holiday from ALL cooking, cleaning and entertaining the kids, this is it!

Or how about heading south to Tassie? Hop on a direct flight to Tasmania and grab a hire car because there is snow just waiting to be made into a snowman. Enjoy the snow without heading to a ski destination. Tassie in winter is just spectacular and welcoming. From Port Arthur to Cradle Mountain and everything in between you will be enchanted.

If you have passports at the ready, there are exceptional deals about for short trips to New Zealand. Fly into Auckland and let the exploring begin. Hobbiton and the Weta Workshop (the special effects company behind Avatar, Mad Max: Fury Road, Lord of the Rings movies and many more) is on the wish list of most kids and many adults. A week is

only just enough time to also squeeze in some Glow Worm viewing, Huka Falls and Rotorua.

With two weeks of holidays to plan some adventures, don't forget the multitude of free activities and day trips available locally. Southbank, Queensland Museum, MONA, Wivenhoe Dam, your local Library, Bunning's school holiday activities, Newfarm Park are all excellent.

One last tip - did you know the red ferries (CityHopper) on the Brisbane River are free?

Enjoy the school holiday break!

#### ABOUT CEI CREIGHTON

Cei Creighton is a Mobile Travel Agent living in North Lakes with her family. She has travelled near and far extensively, and loves to help others do the same. For professional travel advice contact Cei at **0410 465 205, ccreighton@mtatravel.com.au** or **www.mtatravel.com.au/ccreighton**





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# WIN

## A Whale Watching Family Pass Valued at \$460.00

Each year magnificent southern humpback whales migrate to and from Antarctica and they pass right by us during the months of June to November.

As these leviathans of the deep make their way through our warm waters, they feed, mate and play in the clear blue waters of Moreton Bay.

Intelligent and naturally curious mammals, the whales greet their visitors with playful behaviour that will both charm and surprise you. You will be awestruck as these gentle giants breach, blow and frolic only metres away!

In conjunction with Brisbane Whale Watching we have a family pass to give away. The prize entitles two adults and two children (4 to 14 years) to a full day whale watching experience.

The prize includes the full day whale watching cruise and buffet lunch. **Whale sightings are guaranteed.**

The cruise commences boarding at 9.30am for a 10.00am departure from the Redcliffe Jetty.

To enter simply email [adz@northlakesmessenger.com.au](mailto:adz@northlakesmessenger.com.au) with "Whale Watching Comp" in the subject line and tell us which months the whales come through Moreton Bay (you shouldn't have to google this one, the answer may be staring you in the face). Entries close Thursday July 14. Good Luck!

**NOTE:** The prize is for mid-week travel only and must be used before Friday 2nd October 2016.

**NOTE:** All regular family pass inclusions and disclaimers apply. For more information see [www.brisbanewhalewatching.com.au](http://www.brisbanewhalewatching.com.au)



# Local sport in gets a leg up in council budget

Moreton Bay Regional Council's 2016/17 Budget will deliver an almost \$3 million upgrade for the Kinsellas Sports Fields Complex and a \$1.73 million investment in roads.

Division 4 Councillor Julie Greer said council's Budget would focus on ongoing investment in parks, sports and recreation opportunities for Division 4, and its commitment towards improving the region's road network.

"This year, council will invest \$2.8 million towards constructing a new clubhouse, car park and vehicle access for the Kinsellas Sports Fields, helping to capitalise on the community facility's growth," Cr Greer said.

"As home to a number of local sports

groups, including rugby league, soccer and touch football, council's Kinsellas Sports Fields upgrade will add to the complex's existing facilities and provide even greater opportunities for healthy and active lifestyles.

Cr Greer said in addition to the Kinsellas Sports Fields upgrade, this Budget would also see council invest in a number of other parks, sport and recreation projects across Division 4, including:

- \$125,000 for the development of sportsgrounds at Aurora Boulevard

Park;

- \$64,504 towards the North Lakes Space for Young People; and
- \$20,000 for the rejuvenation of mechanical infrastructure at the North Lakes Swimming Pool.

"Community spaces such as the Aurora Boulevard Park, North Lakes Youth Space and North Lakes pool are enjoyed by many residents and visitors, and by investing in them, council ensures that these facilities continue to provide a space for everyone to enjoy.

Cr Greer said in 2016/17, council would also commit \$925,000 as part of its ongoing road resurfacing program and a further \$700,000 for the Lipscombe Road resurfacing project at Deception Bay.

"Council will also upgrade both the road and drainage system of May Street, Mango Hill and begin design on the Tesch Road parking and road widening project.

"It's all part of council's pledge to making Division 4 and the Moreton Bay Region an even better place to live, work and play."

Cr Greer said this was a strong and sustainable Budget.

"I also continue to work with the Mayor and my fellow councillors to secure funding at a State and Federal level for the Moreton Bay Region University Precinct."



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The name "Kallangur" was derived from the aboriginal word 'Kalangoor' meaning 'a goodly or satisfactory place', which only partly describes the bowling club which is situated at 1351 Anzac Avenue, Kallangur.

The RSL intended to form a sports complex in front of their Clubhouse but didn't have the capital. A public meeting was called to see if anyone was interested in forming a bowling club on the land. This Club was founded by a keen group of men who attended that meeting. The first AGM was held 7th July 1966 and here we are today.

The Ladies Bowling Club was also formed in 1966 and became affiliated with the Queensland ladies Bowling Association in 1968.

Fifty years ago this group of men along with many helpers embarked on a huge task of buying the land, marking out the green, levelling it and then planting the couch grass. The first annual report noted that "the green was ready to play on and the club house was nearing completion".

A new club house was built and opened in March 1993 to accommodate the growing club and provide a bigger function room. The old club house is now the green keepers shed and an amenities block.

The Club fell on hard times and was saved by the Moreton Bay Shire Council who bought the property and leased it back to the Club in 2012. Since then we have gone from strength



## Kallangur Memorial Bowls Club

This year we celebrate our 50th Anniversary

WRITES ROS CLARK

to strength not only financially but also with bowling membership. We owe a great deal to all the volunteers who give of their time freely, without you we would not be where we are today, a big thank-you.

So it is with much jubilation and pride we celebrate this 50th anniversary with the following events.

On 18th June we had Open 4's bowling day with prize money of \$1000, sponsored by Shane King- Member for Kallangur and Kenton Ross Funerals, but there are more celebrations to come:

- Open pairs bowling day on 15th July, prize money \$500, sponsored by Coolstate Airconditioning.
- Celebration Dinner on the 16th July, cost \$25
- Launch of our 50th Anniversary Booklet sponsored by Gary Fulton Solicitor & Notary Public

It's not too late to enter one of the bowling days, see you there!

The Kallangur Bowls Club can be contacted by either phone: (07) 3285 2267 or email: kallangurbowls@gmail.com

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## *soul mates and horoscopes - real or rubbish?*

**Hello Leonie,**

I've been a fan of yours for literally years and I know that you are straight up in your approach and I applaud this. Given that you are so pragmatic, I would like to ask where you sit on esoteric matters such as the destiny of romance and finding a soul mate.

I'm a man who is really and earnestly searching for love and companionship. I dearly wish for a woman to spend whatever time I have left with. I want to travel, go out and experience all the things I couldn't as a young man due to the responsibilities that come with a home, family and a wife who was sick for ten years before passing some five years ago.

I guess that I'm really just done with looking after everyone else and really want enjoy life now. I feel it's my time to shine and enjoy my reasonably good health while I have it. My daughters are putting me on a dating site (their threat) by Christmas with my consent or without it. They are in their forties and have modern ideas but also say that I need to find a certain type of woman to balance me out and so forth. They are both big on soul mates and how to know when one comes along.

What do you think of soul mates and horoscope predictions and all of that? After all these years of reading your articles in The Messenger I know you very well on practical matters but wonder what you say to all of this. I can't wait to see if you wriggle out of this one (he says lovingly).

**Kirk/Bribie Island**

**Hi Kirk,**  
(She replies lovingly)

First off let me explain my take on soul mates and whether or not I believe that such a thing really exists. The "New Oxford American" describes a soul mate to be "A person ideally suited to another as a close friend or romantic partner." By this very definition a soul mate is real. However, I feel that we, as a society have put a different meaning on the term soul mate and it has been beaten up to mean that somewhere (out there) is a one and only ideal person that is meant or even destined to be with us.

We believe that this soul mate will make us feel whole and happy. In my view, this is complete rubbish. People are multi faceted and each of us has our own unique way of being in the world. I believe that there a very many, hundreds even, of people who would be ideally suited to each of us should they come into our lives. Now these hundreds of people are not all going to live in your suburb, your state or even your country. Twenty might be in France, sixty or so in America, one or two in Africa, ten in Israel and maybe a hundred or so in Australia. These statistical figures have been sourced completely from my imagination but I've checked them with my dog Baxter and he seems pretty happy with them.

There are no perfect partners because there are no perfect people. Even if by some miracle a perfect person existed, they would most likely have an expectation that we would be perfect too and who could live up to that? People are flawed and people will let you down because life is not a fairy-tale.

I believe that you should look for someone you find engaging and attractive with similar interests to you such as travelling. Someone who is a kind and loving person who will always have the intention of treating you and herself with respect and integrity.

Now about horoscopes: I read my horoscopes every week but I wouldn't make weighty decisions by them. They are fun and have been around for centuries. My son says astrology is complete Blah Hooey and has said "Mum, there's an African kid out there with the same birthday as you with not enough food, no hut and no clear hope for his future and he won't be dealing with a 'tricky financial situation' around the full moon as the stars say" One documentary I saw flat out said that there is no scientific proof of how horoscopes work but then after trying to debunk horoscopes for an hour, the doco declared that horoscopes seem to be more accurate than not. So who knows? Maybe one day science will back up this ancient practice in the same way as quantum physics have now proved that our thoughts and vibrations affect our relationships and physical health. So, for now I'll keep reading them: For fun not life direction.

**Til next week, Leonie**

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E-mail: [leonieschilling@bigpond.com](mailto:leonieschilling@bigpond.com)

Leonie Schilling is a qualified private practitioner.  
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# Council News with Julie Greer

Representing North Lakes, Mango Hill, Griffin and parts of Kallangur and Deception Bay



## Hello everyone

Council's 2016/17 Budget was delivered on Friday 3 June and I am confident that Division 4 was well taken care of. Look out for my August/September Greer Gazette newsletter for further details of the projects to be completed in Division 4 in the new financial year.

## Lake Eden

Construction has commenced on the temporary ramp at Lake Eden to allow a weed harvester machine to be deployed on the lake to remove large volumes of unsightly weeds. This is part of the management plan for the lake. Removal of the weeds is expected to take up to fourteen days, with ongoing treatment such as weed spraying to be undertaken to help control the aquatic weeds. This access is not a boat ramp and is a temporary access for the weed harvester only.

## North Lakes Sports Club

Construction of the new North Lakes Sports Club at Flinders Parade has commenced with the official sod turning ceremony held on Tuesday 17 May. The project will create 80 jobs during construction and a further 100 ongoing hospitality jobs once operational. Once open, the Club will also provide a significant financial contribution to the local economy, sport and community groups.

## FREE Flu Vaccines for Seniors

It's flu season and Council's immunisation clinics are helping to protect seniors from the winter ills. Moreton Bay Region residents aged 65 and over are eligible for the FREE flu and pneumovax vaccines. No appointment is necessary and all you need is relevant ID and your Medicare card.

Flu vaccines are also available to residents under 65 years of age for a small charge.

Council's immunisation clinics are located across the region and the next clinic date for North Lakes is Tuesday 19 July from 1.30pm-4.30pm at the North Lakes Library at The Corso.

For more information or to view council's immunisation timetable, visit [www.moretonbay.qld.gov.au/immunisation](http://www.moretonbay.qld.gov.au/immunisation) or phone 3205 0555.

## Community Grants

Community, sporting and cultural groups are invited to apply for financial assistance during the first round of Moreton Bay Regional Council's Community Grants Program. For more information on how you or your organisation can apply visit [www.moretonbay.qld.gov.au/grants](http://www.moretonbay.qld.gov.au/grants) or phone 3205 0555. Applications are invited from 1 July and on August 31.

Information workshops will be held throughout the region to promote the new round and to provide information. A workshop will be held on Wednesday 20 July from 6pm - 8pm at the The Corso North Lakes. To attend a workshop please RSVP by emailing [grants@moretonbay.qld.gov.au](mailto:grants@moretonbay.qld.gov.au) or phoning 3205 0555.

My next visit to the North Lakes Library will be on Wednesday 6 July from 10am - 11am. Come along if you have any Council issues you would like to discuss with me.

If I can assist any resident further with any matters please call me.

## Upcoming Events

The Moreton Bay Region has many events and activities on offer, for a variety of ages. Visit [www.moretonbay.qld.gov.au](http://www.moretonbay.qld.gov.au) to start exploring the Moreton Bay Region.

## PetSmart - Animal Microchipping

### WHEN

Sunday 21 August 2016  
from 9.00am to 12 noon

### WHERE

North Lakes Town Park, Lakefield Drive  
North Lakes

Council is holding \$20 microchipping throughout the region and is inviting residents to bring their dogs & cats along to be microchipped (no booking required).

### COST

Registered pets - \$20 microchipping  
Unregistered pets - \$20 microchipping  
plus pro-rata registration fee

\*\*costs include the microchip, submission to Global Micro Animal Registry and Council registration if required.

Please bring hat, drink, poo bags and ensure all dogs are on a lead and all cats are in a secure cage.

## Julie Greer, Councillor for Division 4 Moreton Bay Regional Council.

PO Box 159 CABOOLTURE QLD 4510. Council : 3480 6666. Office : 3480 6705. Mobile: 0409 274 517. Email: [Julie.greer@moretonbay.qld.gov.au](mailto:Julie.greer@moretonbay.qld.gov.au).

**FOR 24 HR EMERGENCY ASSISTANCE FROM COUNCIL CALL 3480 6666.**



## Bedshed

SLEEP NOW  
PAY LATER



## Bedshed Morayfield

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# Who gets the friends in a divorce?

WRITES ZANDE LAW

## APOLOGY

The Messenger would like to apologise to readers and Zande Law

The printed edition of this article carried a stock image which depicted a woman wearing boxing gloves pretending to punch a man. While the image was chosen to imply an unhealthy relationship in an attempted humorous manner, we acknowledge that this was an insensitive choice, and was chosen in poor taste.

Domestic violence is an issue that should not be taken lightly under any circumstance and we sincerely apologise to readers for any hurt or offence caused by the image selected.

The article was supplied by Zande Law but the accompanying image was not, so we would also like to apologise to Zande Law for selecting this image to be used in conjunction with their article. Zande Law was not consulted about the choice of the image prior to publishing.

Editor Dan Fidler.

The friends of a separating couple often find themselves sandwiched between what can sometimes become fairly dramatic enemy lines.

These friends however can sometimes play a fairly pivotal role in taking the heat out of the fight. Examples of this will be:

### Acting as an objective support network.

Friends (as well as extended family) are often very helpful to have as a “second ear” to attend at Lawyers interviews or even in Court matters particularly when the individual going through the separation is susceptible to becoming overwhelmed by emotional fallout or information overload.

### Providing logistical support to overcome impediments preventing one of the spouses from seeing the couple's children.

For example, making their home available as halfway house for change overs in high conflict cases or possibly acting as supervisors in circumstances where there are unresolved allegations of child abuse being levelled by one spouse against the other;

### Providing corroborative evidence in support of some important past fact that is pivotal to the outcome of the case particularly where one spouse is trying to re-write history to suit their own case.

For the few areas where friends can help however, there are as many (and possibly more) no go zones where friends should never tread.

**Cheer Squad evidence** – this is where the

friend wishes to give evidence that speaks generally to the very good character and credibility of the relevant spouse on one side or the other of the dispute. This evidence is almost always viewed by the courts as, at-best irrelevant and at-worst insulting because it is the court's job (alone) to assess and make whatever character assessments are necessary to determine the case.

*there are always two sides to every story - sometimes three!*

**One Eyed support network** – whilst it is natural for friends and family to be very supportive of the relevant spouse, there are always two sides to every story (sometimes three!) and consequently friends who are only there to encourage and support an outcome which is consistent with one side of the story often exacerbate the dispute/fight and do nothing to quell it.

**The “helping” friend** – as stated above, there are situations where a friend (or family member) may have witnessed a particular event that went on between the separating couple which is particularly relevant for example in a disputed child custody case. Questions must always be asked however – is this person truly giving their evidence independently or are they simply acting as an extension of their friend's case and as such will do whatever they can to help

their friend including covering or colouring the truth. If the friend's evidence can't be trusted to be independent then using it will usually do more harm than good.

**Mediators** – Friends of course are often viewed as having a value system closely aligned to the separating couple and consequently might seem the logical and natural choice to ask for help in resolving a dispute. Mediators however have the training and experience to be able to understand the issues and break them down, relay how a Judge might hypothetically adjudicate on the topic and recognise and concoct compromises where both sides are right (or wrong). All of these skills are vital to resolve a dispute and none of them are innately found in a friend.

In a separation or divorce scenario, friends definitely have their place however, ultimately it is extremely important the separating spouse works collaboratively with their own Lawyer to determine the situations where friends should be involved and those situations where friends should be kept well away.

 Michael Zande is a Queensland Law Society accredited family law specialist with over 25 years experience in the field. He is the principal at Zande Law Solicitors, Suite 7, Norwinn Centre, 15 Discovery Drive, North Lakes. To contact Michael for advice phone 3385 0999.  
[www.zandelaw.com.au](http://www.zandelaw.com.au)

The information in this article is merely a guide and is not a full explanation of the law. This firm cannot take responsibility for any action readers take based on this information. When making decisions that could affect your legal rights, please contact us for professional advice.

# WHAT'S ON

Our guide to what's on

## SHAFT BOOKING NOW OPEN

27 June - 8 July

Various locations throughout the region

**Cost:** Varies, but all are low cost events

SHAFT stands for *School Holiday Activities for Teenagers* and are professionally supervised, exciting school holiday activities such as indoor rock climbing, archery, bubble soccer, cooking classes and many more. The activities are found at various locations throughout the region. For more information and to book go to [www.moretonbay.qld.gov.au/general.aspx?id=134669](http://www.moretonbay.qld.gov.au/general.aspx?id=134669)

## THE LANEWAY WEEKENDER - FOOD, DRINKS, MUSIC

Friday 24 June: 4 - 8pm, Saturday 25 June & Sunday 26 June: 12pm - 8pm

The Laneway, Westfield North Lakes, Cnr Anzac Ave & North Lakes

**Cost:** Free Entry

This brand new, weekend-long festival will feature special foodie deals, pop-up bars, live music and loads of free kids entertainment and activities for the whole family to enjoy. For one weekend only, festival goers will be able to enjoy a variety of delicious food and drink deals from the likes of Grill'd, Schnitz, Guzman Y Gomez, North Lake's Tavern, Movenpick, San Churro and more. There will also be number of pop-up bars serving craft beers, wine and cocktails. Brisbane's best local funk, RnB and soul bands are performing live.

## MARKET DAY - HANDMADE MEETS THE ARTS

Saturday 2nd July, 9am until 3pm

Old Redcliffe Fire Station grounds- 395 Oxley Avenue Redcliffe

**Cost:** FREE

Lounges on the lawn, relax - linger longer, music, food, raffles, demonstrations, pre-loved book sale. Meet the makers - painters, potters and designers. Event is brought to you by the Moreton Bay Arts Council.

## BRISBANE WINTER FESTIVAL

17 June - 10 July

King George Square, Ann St, Brisbane

**Cost:** free to enter and spectate. Ice-skating and other activities have varying prices.

Brisbane's Winter Festival 2016 is an all ages event with an open-air ice rink, fantastic rides, great entertainment and many food and drink options. More info [winterfestival.com.au](http://winterfestival.com.au)

## FREE HEALTH CHECKS FOR CHILDREN

AT QUT CABOOLTURE

June 29, 9.30am to 2.30pm

Caboolture QUT Cnr of Tallon and Manley streets

**Cost:** Free

QUT Health Clinics will conduct free health checks for children at QUT's Caboolture campus during the school holidays. The day will include foot checks, vision screening, dietary and lunchbox advice, education and development assessments, and fun hands-on activities for kids. Supervised students from QUT's Faculty of Health will be conducting the checks.

This free comprehensive screening event is open to the children from prep to year 12. Bookings are essential, phone 07 3138 9777.

## MEDIEVAL FAMILY FUN WEEK - KIDS DIG IT!

27 June 2016 - 01 July 2016

Abbey Museum - 1-63 The Abbey Place, Caboolture

**Cost:** Adults from: \$12.00, kids from \$7.00

The Abbey Museum is hosting a Medieval themed event designed especially for kids in the lead up to the Abbey Medieval Festival. Medieval Family Fun Week has lots to keep the whole family entertained.

Come and grab a bite to eat at our new Abbey Cafe located in the hall behind the Museum. Sandwiches, Hot Dogs, Homemade Cakes, Slices and Biscuits, Soft Drinks, Poppers, Icy Poles, Tea & Coffee are all on the menu.

If you would like a small taste of the Medieval life before the big event (the Festival!), this is definitely for you. Or if you are simply looking for something different and exciting to do these school holidays, bring the kids out for a fun filled day of Medieval activities at the Abbey Museum! Buy online to receive 10% off admission prices. More info [abbeymedievalfestival.com/](http://abbeymedievalfestival.com/)

## PICNIC HILL (FOOD TRUCKS, CRAFT BEER & MORE)

Friday 8 July

4pm-10pm

Corner Oxley ave. Anzac ave. Redcliffe

**Cost:** gold coin

Exhale from the week that was and come "chill on the hill" Brisbane's favorite food trucks, craft beer, lawn games, market stalls, Live music on the main stage, VIP family sized day beds and nana blankets to snuggle up in. Come soak up the Good Vibes. Fully fenced and Family friendly.

All proceeds go to the Redcliffe area youth space so they can continue supporting young people through out Moreton Bay and beyond. Full line up on Facebook - Picnic Hill.

# SUBMIT YOUR EVENTS

We've uploaded a very simple tool to our website to help you tell us all about your event so we can promote it for you.

It's free

it's on our homepage at

[www.northlakesmessenger.com.au](http://www.northlakesmessenger.com.au)

let us help you to spread the word





Disclaimer: The opinions expressed here are not necessarily the opinions of the Messenger. Your submission will be published at the Editor's discretion. We reserve the right to withhold personal, business and organisation names contained in submissions. These submissions aren't edited for grammar, punctuation or spelling to retain the authors original intent.

## East Ridge Riff-Raff

Dear Sir, I would like to draw your attention to a serious issue happening at East Ridge area of North Lakes. There is a growing number of young riff raff harassing and causing general problems of a day after school they are easily recognized and range from about 8 years to 15 years.

Parents pretend they don't know what their children are doing! This area of North Lakes is not to be recommended to live in now, it used to be quite respectable.

Is there a law to stop these future potential criminals, from spoiling what used to be a special place?

Thanking you,  
**North lakes resident.**



community@northlakesmessenger.com.au

## Empathy still alive in North Lakes

My wife and I would like to take this opportunity to express our heartfelt thanks to the staff at North Lakes Veterinary Hospital for their care and support in treating our pet of 16 years.

We had noticed a decline in the health of our cat, Albert and decided a trip to the vet was needed. Renee looked at him and a blood test showed something sinister was unfolding with his health. We decided to medicate him and see if there was any improvement but believed that his time with us was short.

We gave him his medication for about a week but noticed his health had further declined so decided to go and have a talk to Renee at the Clinic. We must say that we were both surprised and very appreciative that Renee would take time out of her busy consulting schedule to talk at length about our pet's treatment.

About a week later our earlier suspicions were realised when Albert passed away. We do miss sharing the humour of his cheeky antics and idiosyncrasies. We rang North Lakes Veterinary Hospital as a courtesy to pass on the message to Renee that Albert had passed away. A few days later we received a card from them expressing their sympathy for our loss.

May we say a huge thank you to the staff at North Lakes Veterinary Hospital and especially Renee for their service and empathy with clients and pets alike. We cannot recommend them highly enough.

**G&R. M.**



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exclusive competitions,  
giveaways, up to the minute  
news and events and more



# CWA Mango Hill

New QCWA Branch

The Queensland Country Women's Association (QCWA) is opening a new Branch in Mango Hill. The group will meet in the Mango Hill Community Centre, Chermide Road, Mango Hill at 9.30 am. The first meeting is scheduled for Friday, July 8 and all women are welcome.

QCWA began in 1922. It is the largest women's organisation in Queensland with branches from Mt Isa to Quilpie and Cooktown to Coolangatta. However, you don't have to live in the country to be a member of the QCWA. There are several branches in the Greater Brisbane area and Mango Hill will be the next one. To find out more, contact Christine at [cwabrisbane@gmail.com](mailto:cwabrisbane@gmail.com) or 3202 7510.

QCWA is about friendship, about community and about being connected. It offers a wide range of activities tailored to the interests of local members. It also offers friendship and the opportunity to contribute to local, national and international communities.

QCWA is different things to different people. It's a place to make new friends, learn how to help others, listen to interesting people talk about their experiences, learn a new craft or brush up on an old one.

More info [www.qcwa.org.au](http://www.qcwa.org.au)



**Not just tea and scones.**

**The new group's first meeting is scheduled for Friday, July 8 at the Mango Hill Community Centre**



**TO BOOK YOUR APPOINTMENT CALL**

**3482 3123**

**OR BOOK ONLINE [WWW.UNITEDMEDICAL.NET.AU](http://WWW.UNITEDMEDICAL.NET.AU)**

**United Medical Centre North Lakes** is conveniently located in the rapidly growing area of Upper North Lakes at the Hilltop Shopping Village on the corner of Bounty Blvd and Astley Parade.

We are located not far from the new Costco and Bunnings and are situated next door to the United Chemists North Lakes now open 8am till 8pm 7 days a week. There is ample parking with ease of access into our premises and ample access for wheelchairs and electric scooters.

**The Practice offers Bulk-Billing for:**

- children 0 - 16 years and
- pension/concession card holders

The practice now offers the convenience of online bookings at [www.unitedmedical.net.au](http://www.unitedmedical.net.au) or download the Health Engine app to your phone.

The friendly team at **United Medical Centre - North Lakes** are committed to providing exemplary health care provided by our exceptional medical team.

## SERVICES PROVIDED:

Our mission is providing the highest standard of patient care whilst incorporating a holistic approach toward diagnosis and management of illness. We are committed to promoting health, wellbeing and disease prevention to the community.

- Skin Checks-Cryotherapy
- Immunisations
- Minor Procedures
- Antenatal Care
- Enhanced Primary Care-Health Assessments
- Spirometry
- ECG (Electrocardiography)
- Worker's Compensation
- Veteran's Affairs
- General Medicine
- Family Health
- Children's Health & Adolescent Health
- Women's Health
- Men's Health
- Travel Health
- Allied Health Services
- Insurance Medicals
- Driver's License Medicals-Commercial & Dangerous and Private
- Pre-Employment Medicals

**HILLTOP VILLAGE SHOPPING CENTRE**

71 Astley Pde, North Lakes

**OPENING HOURS:**

**Mon - Fri: 8am - 8pm | Sat: 8am - 12.30pm**



Laura preps for her big day out in North Lakes

## Running for Olivia

Laura Stubbing to pound the North Lakes pavement for cystic fibrosis

Laura Stubbing is running the 21km Jetty to Jetty half-marathon on July 17 to raise funds for four year old Olivia, who has cystic fibrosis. But she won't stop running there.

Laura's already raised \$2500 but that's simply not enough. The goal is 10k, and she thinks that amount can be raised right here in our community.

When the Messenger met Laura she was passionate and energetic, saying:

"I had an amazing idea in the middle of the night."

"I will spend a day literally running around all of North Lakes in my tutu and 'Running for Olivia' singlet to all of our local businesses who may want to help Olivia with her every day living expenses."

Laura will take photos with every single donor and post them on social media for recognition. The Messenger will also be promoting Laura's generous sponsors.

Cystic fibrosis (CF) is a genetic disease that primarily affects the lungs and digestive system due to a malfunction in the exocrine system, which is responsible for producing saliva, sweat, tears and mucus. There is

currently no cure. Treatment is expensive and due to young Olivia's unique situation (her parents don't qualify for any state or federal assistance), she needs financial help with her treatment.

If you'd like to sponsor Running for Olivia prior to the run, contact Laura directly via [runningforolivia@outlook.com](mailto:runningforolivia@outlook.com), or search FB: Running for Olivia.

Laura's big run around North Lakes central is planned for Friday August 5. When you see her, please be generous.

If you'd like to make a direct donation see the official donation page at [www.mycase.com.au/page/127310/running-for-olivia](http://www.mycase.com.au/page/127310/running-for-olivia)

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- Must have a clear Veda report on all borrowers and guarantors
- The borrower, guarantor, spouse/partner or related company or trust must be a property owner. For non-property owners, a 20% cash deposit or trade-in equity has been negotiated
- This offer is not available for PAYG applications, Private Sales, sale & leaseback

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# High antibiotic use threatens human health

Unnecessary prescribing of antibiotics for colds and other upper respiratory tract infections remains high in Australia, leading many infectious diseases experts to worry about the increasing threat of resistant bacteria.

## DR ANITA, BRISBANE NORTH PHN WRITES

According to a new Australian Government report, almost half (46 per cent) of the population was dispensed at least one antimicrobial in 2014.

The first AURA (Antimicrobial Use and Resistance in Australia) report found the rate of dispensing from hospitals has been gradually declining since 2010, but noted that nearly 40 per cent of hospital patients were being treated with an antimicrobial on any given day.

The report also found that 23 per cent of the prescriptions dispensed in hospitals were inappropriate and nearly a quarter were noncompliant with guidelines.

In residential aged care facilities, the report found 11.3 per cent of the residents were on antimicrobials, but less than half that number had a suspected or confirmed infection.

It went on to observe that antimicrobials were sometimes used unnecessarily in

residential aged care facilities for urinary tract infections and unspecified skin and soft tissue infections.

The findings show that antimicrobial use in the Australian community continues to grow and is higher than in England, Canada, Norway, Denmark, Sweden and the Netherlands.

General practitioners generated the majority of prescriptions (88 per cent) in the community, while other prescribers included dentists, optometrists, midwives and nurse practitioners.

The report included NPS MedicineWise data from 182 doctors' practices, which show that up to 50 per cent of patients who had a cold or upper respiratory tract infection had an antibiotic prescribed when it wasn't actually needed.

While the data only counted instances where a reason was given for the prescription, NPS MedicineWise CEO Dr Lynn Weekes said it was timely to again address common errors that persisted regarding the appropriate use of antibiotics during cold and flu season.

"One misconception in particular that needs to be overcome is the mistaken belief that antibiotics help you get over a cold or flu more quickly: they don't," Dr Weekes said. "Colds, flu and most coughs are caused by viruses. Antibiotics only work on infections caused by bacteria, not those caused by viruses.

"When we are facing a future where antibiotics may no longer work when we need them, this data is crucial in helping health professionals, policy makers and consumers alike to understand that they

each play a part in making sure these life-saving medicines continue to work both now and in the future," she said.

Professor John Turnidge is the Senior Medical Advisor for the Australian Commission on Safety and Quality in Health Care, which released the AURA 2016, and says it sets a baseline that allows trends to be monitored over time.

"Antimicrobial resistance is one of the most significant challenges for the delivery of safe, high-quality health services, and has a direct impact on patient care and patient outcomes," Professor Turnidge said.

"Antibiotic resistance has developed because of the overuse and misuse of antibiotics, and now, bacterial infections that were once easily cured with antibiotics are becoming harder to treat," he said.

Australia's Chief Medical Officer Professor Chris Baggeley said surveillance of antimicrobial use and resistance was a national priority and a critical component of the Australian Government's National Antimicrobial Resistance Strategy.

Consumer information about antibiotic resistance and what people can do about coughs, colds and flu this winter is available at [www.nps.org.au/coldandflu](http://www.nps.org.au/coldandflu).

## ABOUT DR ANITA

Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved in teaching and research at the University of Queensland.





# BEEF CROQUETTES

A croquette is a small breadcrumbed fried food roll containing various ingredients. The dish is thought to have originated in France and the name is from the French word 'croquer', meaning "to crunch". They are now popular world wide as a fast food and even considered a delicacy.

## Ingredients:

- 250g mince beef
- 2 medium potatoes boiled n mashed
- 1 brown onion finely chopped
- 1 garlic minced
- 1/4 tea spoon ground cloves
- 1/4 tea spoon ground cardamom
- Pinch of cinnamon powder
- 1 tea spoon salt
- 1 tea spoon ground pepper
- 2 table spoon coconut oil (or similar)
- 2 eggs lightly beaten
- 1 cup bread crumbs
- Extra oil for deep frying

## Recipe:

1. Heat oil in a wok add chopped onions n mince garlic. Sauté for few minutes until the onions are soft then add the mince beef



THIS WEEK'S



READER RECIPE

and stir fry for five minutes. Then add the ground cloves, cardamom, pepper, salt and pinch of cinnamon and cook for couple of minutes. Take out of heat leave to cool for few minutes then add the mashed potatoes and mix well.

2. Take two tea spoons of the mixture in to the hand and roll in to a small ball. Do the same with the remaining mixture. Then dip in the egg and fold in the bread crumbs.

3. Deep fry until it is golden. Serve with tomato sauce or chilli sauce.

**Note:** can be made in advance and refrigerate it before frying. Then fry just before serving. Instead of beef can be made with fish, chicken or vegetables too.

Enjoy, Shyamali

## JUNE WINNER

Congratulations to **May Marcelo**, the June winner of our recipe comp. We had heaps of delicious entries but (judge) Chef Sharise from North Lakes Tavern suggested May's Asian Fusion Longganisa Burger had a nice balance of sweet, savoury, juicy and crispy, and that ultimately got her the \$150 prize.

If you want to try the winning entry it will on the menu at North Lakes Tavern for a whole month. This competition is ongoing so keep those entries coming in folks



Win a \$150 voucher  
TO THE  
**NORTH LAKES TAVERN**

For a chance to win a \$150 voucher, plus your masterpiece reproduced for the entire month at the North Lakes Tavern, simply submit your original recipe to [adz@northlakesmessenger.com.au](mailto:adz@northlakesmessenger.com.au). Entries will be judged by the experienced Chef at the NORTH LAKES TAVERN. The lucky winner will be notified each month. Selected recipes will be published each week for our readers to enjoy. **How exciting if your recipe was published in the NORTH LAKES MESSENGER. Keep your eyes peeled for exciting new recipes each week.**

Call Jodi Doe 0488 112 822 | [adz@northlakesmessenger.com.au](mailto:adz@northlakesmessenger.com.au) | [www.northlakesmessenger.com.au](http://www.northlakesmessenger.com.au)

# Your Stars



**Aquarius Jan 21-Feb 19:** It's rare when things run smoothly. Instead of looking for holes in your good fortune, enjoy it. There's more to life than solving problems.



**Pisces Feb 20-March 20:** Things couldn't be more agreeable at the moment. Just be careful what you wish for, you might just get it.



**Aries March 21-April 20:** you never believed that one person could make such an enormous difference, however you may come to revise that opinion of yours over the next few days.



**Taurus April 21-May 21:** Word of mouth has always been your best form of advertising. Glowing reviews from an old friend or business acquaintance opens doors today.



**Gemini May 22-June 21:** The perfect day to finalise a transaction. Resist the impulse to pick apart what you've put together. It doesn't get better than this.



**Cancer June 22-July 23:** Your not one to blow your own horn at work, but you may want to reconsider. A little self advertising does wonders to promote interests.



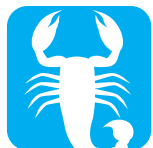
**Leo July 24-Aug 23:** Understanding others insecurities gets you to lighten up on your own. Realising they want approval too makes everyone seem more human.



**Virgo Aug 24-Sept 23:** expect great things this week, people can't do enough for you. Than them profusely and they'll do even more.



**Libra Sept 24-Oct 23:** It took a lot to turn a certain person around. Don't ruin all your hard work by not listening to them now.



**Scorpio Oct 24-Nov 22:** Make peace even if you feel slighted. What you get in return compensates for any loss.



**Sagittarius Nov 23-Dec 21:** Expect to wrestle with insecurities as people you supported win recognition. Don't worry. Nobody's forgetting you or leaving you behind.



**Capricorn Dec 22-Jan 20:** Business dealings are about to take a leap forward, so get everything in writing. This protects your interests and keeps good feeling.

## BRISBANE WHALE WATCHING

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## NINE

**6.00** PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** The Conversation. **12.30** Hot In Cleveland. (PG) **1.00** The NRL Rookie. (PG) **2.00** World's Scariest Animal Attacks 2. (PG) **2.45** Movie: Overboard. (PG) (1987) **5.00** News: First At Five. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** The Voice. (PG) **9.00** Love Child. (PG) **10.00** Movie: Life As A House. (MA15+) (2001) Kevin Kline, Kristin Scott Thomas, Hayden Christensen. A man is diagnosed with terminal cancer. **12.30** Movie: Beauty Shop. (M) (2005) Queen Latifah, Kevin Bacon. **2.30** Movie: Times Square. (M) (1980) Tim Curry. **4.30** Global Shop. **5.00** Leading The Way. (PG) **5.30** Wesley Impact.

## GO!

**6.00** Children's Programs. **9.30** Batman. (PG) **10.00** Teen Titans Go! (PG) **10.30** Ben 10. (PG) **11.00** Heidi. **12.00** Pirate Express. **12.30** Yu-Gi-Oh! (PG) **1.00** Yu-Gi-Oh! (PG) **1.30** Yo-Kai. (PG) **2.00** Wild Kratts. **2.30** Sonic Boom. (PG) **3.00** Power Rangers Dino. (PG) **3.30** Problem Solverz. (PG) **4.30** Ben 10. (PG) **5.00** Justice League Unlimited. (PG) **5.30** Batman. (PG) **6.00** Movie: Cloudy With A Chance Of Meatballs. (G) (2009) **7.45** Movie: Spy Kids 2: Island Of Lost Dreams. (PG) (2002) **9.50** Movie: Dinner For Schmucks. (M) (2010) **12.05** Go Girls. (MA15+) **2.00** Surfing Australia TV. **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Problem Solverz. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Saturday Disney. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Road To Rio. **12.30** Olympians: Off The Record. (PG) **1.00** To Be Advised. **2.45** Britain's Spending Secrets. (PG) **4.00** Better Homes. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Evan Almighty. (G) (2007) Steve Carell, Morgan Freeman. A man is ordered to build an ark. **9.00** Movie: Bruce Almighty. (M) (2003) Jim Carrey, Jennifer Aniston, Morgan Freeman. A luckless TV reporter receives supernatural powers after God overhears him complaining. **11.00** Movie: A Knight's Tale. (M) (2001) Heath Ledger, Rufus Sewell. **2.00** Shopping. **4.00** It Is Written. (PG) **4.30** Sons And Daughters. (PG) **5.00** The Dr Oz Show. (PG)

## 7TWO

**6.00** Shopping. **8.00** Room For Improvement. **9.00** The Real Seachange. **10.00** Dealers. (PG) **11.00** The Travel Bug. (PG) **12.00** Travel Oz. (PG) **1.30** The Great Australian Doorstep. **2.00** Home In WA. **2.30** Great South East. **3.00** Creek To Coast. **3.30** Qld Weekender. **4.00** WA Weekender. **4.30** Sydney Weekender. **5.00** Road To Rio. **5.30** Secret Location. (PG) **6.30** A Touch Of Frost. (PG) **8.50** Escape To The Country. Prospective buyers find their dream home. **9.50** Original Features. (PG) **10.50** Air Crash Investigation. (PG) **11.50** Zero Hour. (M) **12.50** Sydney Weekender. **1.20** WA Weekender. **1.50** Qld Weekender. **2.20** Creek To Coast. **2.50** Great South East. **3.20** Home In WA. **4.00** The Travel Bug. (PG) **5.00** Dr Oz. (PG)

## TEN

**6.00** Fishing Edge. **6.30** The Home Team. **7.00** iFish. **8.00** Family Feud. **8.30** St10. (PG) **11.00** The Talk. (PG) **12.00** The Talk. (PG) **1.00** Healthy Homes Australia. Return. **1.30** The Doctors. (PG) **2.30** GCBBC. **3.00** The Renovation King. **3.30** Everyday Gourmet. **4.00** What's Up Down Under. **4.30** Places We Go With Jennifer Adams. **5.00** News. **6.00** Modern Family. (PG) Phil and Claire contemplate the kids' future. **6.30** Bondi Vet. (PG) Dr Chris faces a heartbreaking case. **7.30** Rugby Union. International Test Series. Australia v England. Game 3. **10.15** Movie: Flight. (MA15+) (2012) Denzel Washington. **1.00** 48 Hours. (M) **2.00** Shopping. **4.30** It Is Written. **5.00** Hour Of Power.

## ONE

**6.00** Shopping. **8.00** Star Trek: Voyager. (PG) **9.00** Hogan's Heroes. **10.00** World Sport. **10.30** Get Smart. (PG) **11.30** MacGyver. (PG) **12.30** Diagnosis Murder. (PG) **1.30** Operation Repo. (PG) **2.00** Motor Racing. Porsche Carrera Cup. Round 4. Darwin Triple Crown. Highlights. **3.00** Whacked Out Sports. (PG) **3.30** M\*A\*S\*H. (PG) **4.30** Reel Action. **5.00** Adventure Angler. **5.30** Extreme Fishing With Robson Green. (PG) **6.30** Last Man Standing. (PG) **7.30** Star Trek: The Next Generation. (PG) **8.30** The X-Files. (M) **9.30** Minority Report. (M) **10.30** Zoo. (M) **12.30** Bellator MMA. (M) **2.30** Black Ops. (M) **3.30** Star Trek: The Next Generation. (PG) **4.30** Football's Greatest Teams. **5.30** Whacked Out Sports. (PG)

## ABC

**6.00** Rage. (PG) **10.30** Rage Punk Special. (PG) **11.40** Reality Check. (PG) **12.10** Two Men In China. (PG) **1.10** Broadchurch. (M) **2.00** Antiques Roadshow. **3.00** Tony Robinson's Time Walks. **3.30** Superized Earth. **4.30** Landline. **5.00** Midsomer Murders. (PG) **6.25** Election Announcement: The Coalition. **6.30** Gardening Australia. **6.55** Election Announcement: The Greens. **7.00** ABC News. **7.30** Election Announcement: Labor. **7.35** The Coroner. (M) **8.20** Indian Summers. (M) **9.05** The Doctor Blake Mysteries. (M) **10.05** Rage. (PG) **11.05** 8MMM. (M) **11.30** Rage Punk Special. (MA15+) **5.00** Rage. (PG)

## ABC2

**6.00** Children's Programs. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Highway Thru Hell. (PG) **8.15** Would I Lie To You? (PG) **8.45** The Chaser's Election Desk. **9.15** Live At The Apollo. (M) **10.00** Comedy Up Late. (MA15+) **10.30** Broad City. (MA15+) **10.55** Archer. (PG) **11.15** Archer. (M) **11.40** Archer. (M) **12.00** Archer. (M) **12.25** Archer. (M) **12.45** Archer. (M) **1.10** Adam Hills: The Last Leg. (M) **1.50** Adam Hills: The Last Leg. (M) **2.30** Adam Hills: The Last Leg. (M) **3.15** News Update. **3.20** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina. **5.45** Postman Pat Special Delivery Service.

## SBS

**6.00** WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Equestrian. FEI Classics Series. **3.00** Food Lovers' Guide To Australia. **3.30** The Journey Of Mankind With Eddie Izzard. (PG) **4.35** Beat The Ancestors. (PG) **5.30** Who Do You Think You Are? (PG) **6.30** SBS World News. **7.30** More Hidden Killers Of The Victorian Home. (PG) **8.30** RockWiz Salutes The Legends. Final. **9.30** Movie: Chicago. (M) (2002) **11.35** RockWiz. (M) **12.35** Masters Of Sex. (M) **1.35** Masters Of Sex. (M) **2.40** Masters Of Sex. (M) **4.50** Destination Flavour Bitesize. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

## SBS2

**6.00** WorldWatch. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Do Or Die. (PG) **1.30** Do Or Die. (PG) **1.55** Don't Tell My Mother... (PG) **2.25** Don't Tell My Mother... (PG) **2.55** Motorcycle Racing. Superbike World Championship. Round 8. **3.55** My Father's Truck. (PG) **4.10** Celebrity Chef. **5.30** Brain Games. **6.00** Humans Of SBS 2. **6.05** Movie: The Illusionist. (PG) (2010) **7.30** If You Are The One. **8.30** The Island With Bear Grylls. **9.25** Movie: The Ringer. (2005) **11.10** Movie: Fat Kid Rules The World. (M) (2012) **1.00** Movie: Gimme The Loot. (MA15+) (2012) **2.25** Movie: The Man Next Door. (M) (2009) **4.25** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.25pm Spy** (2015) Comedy. Melissa McCarthy, Rose Byrne. (MA15+) **Premiere** **8.30pm The Walk** (2015) Drama. Joseph Gordon-Levitt. (PG) **Masterpiece** **8.30pm Fifty Shades Of Grey** (2015) Romance. Dakota Johnson. (MA15+) **Romance**

## GENERAL

**6.30pm The Amazing Race**. (PG) **FOX8** **9.00pm Celebrity Legacies**. (M) **Arena**

## DOCUMENTARY

**6.30pm Anthony Bourdain Parts Unknown**. (PG) **TLC** **9.30pm Hell's Kitchen**. (MA15+) **Lifestyle Food**

## SPORT

**1.30pm Football**. AFL. Round 14. Richmond v Brisbane Lions. **Fox Footy** **2.15pm Netball**. ANZ Championship. Southern Steel v Melbourne Vixens. **Fox Sports 3** **3.00pm Rugby League**. NRL. Knights v Dragons. **Fox Sports 1** **8.00pm Rugby Union**. International Test Series. Australia v England. Game 3. **Fox Sports 2**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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## NINE

**6.00** PAW Patrol. **6.30** Dora The Explorer. **7.00** Weekend Today. **10.00** Wide World Of Sports. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Maroon Zone. (PG) **1.30** Rugby League. QRL. Intrust Super Cup. Round 16. Redcliffe Dolphins v Mackay Cutters. From Dolphin Oval, Queensland. **3.30** Rugby League. NRL. Round 16. Melbourne Storm v Wests Tigers. From AAMI Park, Melbourne. **6.00** Nine News. **7.00** The Voice. (PG) **9.00** 60 Minutes. **10.00** See No Evil. (M) New. **11.00** Major Crimes. (M) **12.00** Secrets Of The Pickpockets. (M) **1.00** Step Dave. (M) **2.00** The Baron. (PG) **3.00** Global Shop. **3.30** Skippy The Bush Kangaroo. **4.00** Good Morning America: Sunday. **5.00** News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **10.30** Ben 10. (PG) **11.00** Pirate Express. **11.30** Rabbids Invasion. (PG) **12.00** Sonic Boom. **12.30** SpongeBob. **1.00** Yu-Gi-Oh! (PG) **1.30** Yo-Kai. (PG) **2.00** LEGO Friends. **2.30** Nexo Knights. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Problem Solverz. (PG) **4.30** Power Rangers Dino. (PG) **5.00** Justice League Unlimited. (PG) **5.30** Movie: Agent Cody Banks. (PG) (2003) **7.40** Movie: Ace Ventura: When Nature Calls. (PG) (1995) **9.30** Movie: The Hangover 2. (MA15+) (2011) **11.30** Two And A Half Men. (M) **12.00** The NRL Rookie. (PG) **1.00** Surfing Australia TV. **2.00** Wild Kratts. **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** SpongeBob. **4.00** Problem Solverz. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Doc McStuffins. **6.30** The Lion Guard. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Bewitched. **12.30** Bewitched. **1.00** I Dream Of Jeannie. **1.30** To Be Advised. **2.45** To Be Advised. **4.00** Better Homes. **5.00** News. **5.30** Great South East. **6.00** News. **7.00** House Rules. (PG) **8.15** Sunday Night. Current affairs program, hosted by Melissa Doyle. **9.15** Bones. (M) The team investigates the murder of a convicted felon who had been released to a halfway house. **10.15** Bones. (M) A body is found frozen in a river. **11.15** Castle. (M) **12.15** Beauty And The Geek Australia. (PG) **1.15** Harry's Practice. **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written Oceania. (PG) **9.00** Shopping. **9.30** Best Houses Australia. **10.00** Home And Away Catch-Up. (PG) **12.30** Gymnastics. Australian Championships. **1.30** Wimbledon Preview. **2.00** Wimbledon 2015: The Film. **3.00** Secret Location. (PG) **4.00** Escape To The Country. **6.00** Mighty Ships. **7.00** For The Love Of Dogs. (PG) **7.30** Border Patrol. (PG) **8.00** Motorway Patrol. (PG) **8.30** Escape To The Country. **9.30** Escape To The Continent. **10.45** Mighty Ships. **11.45** Best Houses Australia. **12.15** Escape To The Country. **2.15** Escape To The Continent. **3.30** Late Programs.

## TEN

**6.00** Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** St10. (PG) **11.00** The Talk. (PG) **12.00** Netball. ANZ Championship. Round 13. Adelaide Thunderbirds v Canterbury Tactix. **2.00** The Offroad Adventure Show. **3.00** iFish. **3.30** RPM. GP. **4.00** RPM. **5.00** News. **6.00** Family Feud: Sunday. **6.30** Modern Family. (PG) Phil and Jay run an errand together. **7.00** Modern Family. (PG) **7.30** MasterChef Aust. **9.00** Movie: RED 2. (M) (2013) Bruce Willis, John Malkovich. A retired spy tracks down a nuclear device. **11.20** Limitless. (M) NZT becomes readily available in NYC. **12.20** 48 Hours. (M) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

## ONE

**6.00** Shopping. **8.00** Rugby Union. International Test Series. Australia v England. Game 3. Replay. **10.45** World Sport. **11.00** Reel Action. **11.30** 4x4 Adventures. **12.30** Extreme Fishing. **1.30** ST: Next Gen. **2.30** Temporary Australians. **3.00** Megacities. **4.00** Megafactories. **5.00** What's Up Down Under. **5.30** iFish. **6.00** Family Feud: Sunday. **6.30** M\*A\*S\*H. **7.30** Russell Coight's All Aussie Adventures. **8.30** Chopper's Republic Of Anzakistan. New. **9.00** Last Man Standing. **9.30** Motorcycle Racing. MotoGP. Race 8. Dutch Grand Prix. **11.00** World Sport. **11.30** The Killing. **12.30** RPM GP. **1.00** RPM. **2.00** River To Reef. **2.30** Adventure Angler. **3.00** Extreme Fishing. **4.00** Operation Repo. **5.00** Temporary Australians. **5.30** Whacked Out Sports.

## ABC

**6.00** Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** Australia Wide. **11.00** World This Week. **11.30** Praise. **12.00** Landline. **1.00** Gardening Aust. **1.30** The Mix. **2.00** Art + Soul. (PG) **3.00** As You Dreamt It. (PG) **3.30** Malala: Life After The Taliban. (PG) **4.00** The Book Club. **4.30** Aust Story. **5.00** Attentionborough's Galapagos. **6.00** Election. **6.05** Compass. **6.55** Election. **7.00** News. **7.40** Grand Designs. **8.30** Miniseries: Doctor Thorne. (PG) **9.20** Miniseries: Death Comes To Pemberley. (M) **10.20** MAD AS HELL. (PG) **10.50** Hiding. (M) Final. **11.50** By Any Means. (PG) **12.50** Rage. (MA15+) **2.40** Movie: Race Street. (PG) (1948) **4.00** Miniseries: Death Comes To Pemberley. (M) **5.00** Insiders.

## ABC2

**6.00** Children's Programs. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Seconds From Disaster. **8.20** The Daters. (M) **8.30** Michael McIntyre's Comedy Roadshow. (M) **9.15** Louis Theroux: Law And Disorder In Philadelphia. (M) **10.15** The Virgin Daughters. (PG) **11.05** Junior Doctors: Your Life In Their Hands. (M) **12.00** Junior Doctors: Your Life In Their Hands. (M) **1.00** Junior Doctors: Your Life In Their Hands. (M) **2.00** The Home Show. **2.50** News Update. **2.55** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina: The Next Steps. **5.45** Postman Pat Special Delivery Service.

## SBS

**6.00** WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** The Bowls Show. **2.00** Speedweek. **4.00** Cycling. UCI BMX World Championship. Highlights. **5.00** InCycle. **5.30** Stalin's Daughter. (PG) **6.30** SBS World News. **7.35** King Tut's Tomb: The Hidden Chamber. **8.30** The Goddam Election! With John Safran. **9.30** America's Drug Addiction. **11.25** Movie: Bend It Like Beckham. (PG) (2002) **1.25** Movie: The Last Summer Of La Boyita. (M) (2009) **3.00** Movie: Wedding Fever In Campobello. (MA15+) (2009) **4.50** Explosions. (PG) **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

## SBS2

**6.00** WorldWatch. **9.00** PopAsia. (PG) **10.00** WorldWatch. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Movie: Godzilla Versus King Ghidorah. (PG) (1991) **2.55** Friday Feed. **3.25** Homemade. (PG) **3.30** Beach Volleyball. AVC Continental Cup. Final. **5.30** Soccer. UEFA Euro 2016. Highlights. **6.35** Humans Of SBS 2. (PG) **6.40** Ninja Warrior Sweden. **7.30** If You Are The One. **8.30** Drunk History UK. (M) **9.00** South Park. (M) **9.25** South Park. (M) **9.50** Full Frontal With Samantha Bee. (M) **10.20** Sex Box USA. (M) **11.15** Shot By Kern. (M) **11.45** Kassim The Dream. (M) **1.20** Movie: Black Caesar. (MA15+) (1973) **3.10** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.

## AUSTAR

**MOVIES**  
**6.35pm Woman In Gold** (2015) Biography. Helen Mirren, Ryan Reynolds. (M) **Masterpiece**  
**8.30pm Vacation** (2015) Comedy. Ed Helms, Christina Applegate. (MA15+) **Premiere**

**GENERAL**  
**6.30pm So You Think You Can Dance: The Next Generation.** (PG) **FOX8**  
**7.30pm Million Dollar Listing NY.** (M) **Arena**  
**7.30pm Pretty Little Liars.** (M) **FOX8**

**DOCUMENTARY**  
**7.30pm QSO Plays Mahler No. 2.** (NC) **Foxtel Arts**  
**7.30pm Crimes That Shook Australia.** (M) **Crime & Investigation**  
**11.30pm Tribe Alive!** (PG) **Discovery**

**SPORT**  
**2.00pm Rugby League.** NRL. Titans v Raiders. **Fox Sports 1**  
**2.10pm Netball.** ANZ Championship. Northern Mystics v NSW Swifts. **Fox Sports 3**  
**3.00pm Football.** AFL. Hawthorn v Gold Coast. **Fox Footy**

**Classifications:** (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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## How Magnesium Treats Sore Muscles.

Written by Cherisse Buckland, Zen Chi Natural Therapies & Wellness Centre

If you have sore and aching muscles, you may have been recommended magnesium. But how exactly does magnesium help relieve muscle pain?

### Magnesium and muscles

Magnesium helps to relax our muscles – and bolster our bone and muscle health. While calcium contracts muscles, magnesium releases them. That's why we get cramps or spasms when we don't get enough magnesium – they are being contracted by calcium, but not relaxed by magnesium.

When we're magnesium deficient, the body tends to cling on to calcium. This causes even more problems, because muscles contract too much and don't have a trigger to relax them again.

Magnesium also encourages the body to make insulin, which helps our muscles to grow and strengthen. And because it relaxes tight muscles, magnesium also helps improve our flexibility.

Without enough magnesium, we risk poor sleep and insomnia, weak and sore muscles, poor flexibility, anxiety, hyperactivity, constipation, muscles, irregular heartbeat, muscle cramps and spasms, and even eye twitches.

### Choosing a Magnesium Product

Magnesium is vital to our health, yet it is often lacking in our diets. The quickest and easiest way to safely raise magnesium levels in the body is through the skin (transdermal).

Magnesium Bath Flakes assist with relieving sore muscles and joints, relaxing the nervous system, maintaining higher energy levels, providing better sleep, boosting the immune system, promoting healthy cell life and so much more.

By simply adding 1 cup to a warm bath will instantly give your body the natural boost it needs.





## Atlantis Pool Services Awarded for Excellence

Local Atlantis Pool Services were acknowledged for their high standards at the Zodiac Group Australia SPASA Qld 2016 Awards of Excellence held at the Sofitel Brisbane on Saturday, 4th June 2016.

The event is held each year and SPASA members recognised for outstanding work they perform for their clients.

Winners are recognised at a gala presentation dinner, which acknowledges the "best of the best." The program covers renovations, new concrete and fibreglass composite construction pools and also recognises excellence in retail, service and customer relations.

Atlantis Pool Services and Paul from Pauls Pool Care were among with winners, taking home three awards, they were:

**Retail Salesperson of the Year 2016**  
Kylie Rojahn

**Pool Store of the Year 2016**  
Silver Award to Atlantis Pool Shop

**Pool Technician of the Year 2016**  
Paul Rojahn



# ATLANTIS POOL SERVICES



**CONGRATULATIONS TO OUR WINNERS  
OF THE ZODIAC GROUP AUSTRALIA  
SPASA QLD 2016 AWARDS OF  
EXCELLENCE**

**Retail Salesperson Of The Year 2016**  
*Kylie Rojahn*

**Pool Store Of The Year 2016**  
*Silver Award To Atlantis Pool Shop*




**Pool Technician Of The Year 2016**  
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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Love Child. (PG) **2.00** The Briefcase. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Briefcase. (PG) **8.30** Love Child. (PG) **9.30** Amazing Medical Stories. (M) **10.30** Soundbreaking. (M) **11.40** Community. (PG) **12.10** The Brokenwood Mysteries. (M) **2.00** Danoz Direct. **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **12.00** Ben 10. (PG) **12.30** Batman. (PG) **1.00** Power Rangers Dino. (PG) **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Auction Hunters. (PG) **8.00** Top Gear. (PG) **9.30** Movie: Ronin. (M) (1998) **12.00** The NRL Rookie. (PG) **1.00** Regular Show. (PG) **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Sooty. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Confessions Of A Young Bride. (PG) (2005) Shannon Elizabeth. **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. Hosted by Andrew O'Keefe. **6.00** News. **7.00** Home And Away. (PG) Evelyn is devastated when Josh cuts off all contact and Andy vows to protect his younger brother. **7.30** House Rules. (PG) The teams hand over the renovation to a hard working charity. **9.15** Tennis. Wimbledon. Day 1. From the All England Lawn Tennis and Croquet Club, London, England. **12.00** Tennis. Wimbledon. Day 1. Continued. **4.00** NBC Today. News and current affairs. **5.00** News. **5.30** Sunrise. News, sport and weather.

## 7TWO

**6.00** Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **10.30** NBC Press. **11.30** Best Houses Australia. **12.00** Escape To The Country. **1.00** Dr Oz. (PG) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** Last Chance Learners. (PG) **4.00** Coastwatch Oz. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Cities Of The Underworld. (PG) **8.30** Tennis. Wimbledon. Day 1. **9.15** Prime Suspect. (M) Tension's investigation takes her to Bosnia, where she makes an exciting breakthrough. **11.15** Zero Hour. (PG) **12.15** Dealers. (PG) **1.15** Dr Oz. (PG) **4.15** Harry's Practice. **5.15** Medical Emergency. (PG)

## TEN

**6.00** Ent. Tonight. **6.30** Everyday Health. (PG) **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** MasterChef Aust. **12.40** Dr Phil. **1.40** Offspring. (M) **2.40** Everyday Health. (PG) **3.10** Judge Judy. (PG) **3.40** GCBC. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. **8.40** Have You Been Paying Attention? (M) Ed Kavalee and Sam Pang compete to see who can remember the most about events of the week. **9.40** NCIS: New Orleans. (M) **10.40** Elementary. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

## ONE

**6.00** Shopping. **8.00** RPM. **9.00** David Attenborough's Madagascar. **10.00** M\*A\*S\*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** The Millers. (PG) **2.00** Dads. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** Undercover Boss. (PG) **8.30** Movie: G.I. Joe: The Rise Of Cobra. (M) (2009) **10.50** Chopper's Republic Of Anzakistan. (MA15+) **11.20** Wilfred. (MA15+) **11.50** Car Crash Britain: Caught On Camera. (M) **12.50** Motorcycle Racing. MotoGP. Race 8. Dutch Grand Prix. Replay. **2.20** World Sport. **2.35** Diagnosis Murder. (PG) **3.30** Jake And The Fatman. (PG) **4.30** Get Smart. (PG) **5.00** The Doctors. (M)

## ABC

**6.00** News. **9.00** News Mornings. **10.00** Landline. **11.00** Compass. **11.30** Eggheads. **12.00** News. **1.00** Grand Designs. **2.00** Miniseries: Doctor Thorne. (PG) **2.50** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. **5.00** News. **5.25** The Drum. **5.55** Antiques Roadshow. **6.55** Election Announcement. **7.00** News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.20** Media Watch. (PG) **9.35** Q&A. **10.40** Lateline. **11.10** The Business. **11.30** Golf. PGA Tour. Quickens Loans National. Highlights. **12.25** Divorce: Aussie Islamic Way. (PG) **1.25** Rage. (MA15+) **2.15** Breathless. (M) **3.05** Movie: Show Business. (G) (1944) Eddie Cantor, George Murphy. **4.35** Eggheads. **5.05** The Bill. (PG)

## ABC2

**6.00** Children's Programs. **5.50** Go Jetters. **6.00** Peg & Cat. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Gruen Pitch Rewind. **8.30** Louis Theroux: Law And Disorder In Johannesburg. (MA15+) **9.30** Ross Kemp's Britain. (MA15+) **10.15** Adam Hills: The Last Leg. (M) **11.00** Jimmy Fallon. (PG) **11.40** Michael McIntyre's Comedy Roadshow. (M) **12.25** Doctor Who. (PG) **1.10** Jimmy Fallon. (PG) **1.55** News Update. **2.00** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina: The Next Steps. **5.45** Postman Pat Special Delivery Service.

## SBS

**6.00** France 24 English News. **6.30** Deutsche Welle. **7.00** Al Jazeera. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Soccer. Copa América Centenario. Final. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** New Year's Day Concert. (PG) **4.35** A Great Welsh Adventure With Griff Rhys Jones. **5.30** Letters And Numbers. **6.00** Nigella Bites. **6.30** SBS World News. **7.30** Michael Mosley: Trust Me, I'm A Doctor. **8.30** The Island With Bear Grylls. **9.30** CyberWar Threat. **10.30** SBS World News Late Edition. **11.00** Movie: On The Road. (M) (2012) Sam Riley. **1.35** Movie: Just Like Me. (M) (2010) **3.35** Man Down. (M) **4.00** 24 Hours In Emergency. (M) **5.00** CCTV English News. **5.30** NHK World English News.

## SBS2

**6.00** WorldWatch. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Romanian News. **4.00** The Numbers Game. **4.30** Flight 920. (PG) **5.25** If You Are The One. **6.25** Humans Of SBS 2. (PG) **6.30** Soccer. UEFA Euro 2016. Highlights. **7.30** The Feed. **8.00** Human Resources. (M) **8.30** Awkward. (M) **8.55** Faking It. **9.25** Movie: The Abyss. (M) (1989) **12.35** Movie: Silent Running. (1972) **2.15** The Feed. **2.45** Assassination Classroom. (PG) **3.15** Assassination Classroom. (PG) **3.40** RuPaul's All Stars Drag Race. (M) **4.35** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.25pm** **Madame Bovary** (2014) Romance. Mia Wasikowska, Paul Giamatti. (M) **Masterpiece** **10.05pm** **Taken** (2008) Thriller. Liam Neeson, Maggie Grace. (MA15+) **Action**

## GENERAL

**8.30pm** **Not Safe With Nikki Glaser**. (MA15+) **Comedy Channel** **8.30pm** **Empire**. (M) **FOX8** **9.30pm** **Father Brown**. (M) **UKTV**

## DOCUMENTARY

**7.30pm** **Gift Of Life**. *Lifestyle You* **8.30pm** **Bloody Queens: Elizabeth And Mary**. (PG) *History* **9.30pm** **Sex Sent Me To The ER**. (M) **TLG**

## SPORT

**6.00am** **Golf**. USPGA Tour. Quickens Loans National. Final round. *Fox Sports 3* **7.00pm** **Rugby League**. NRL. Round 16. North Queensland Cowboys v Manly Sea Eagles. *Fox Sports 1* **8.30pm** **Tennis**. Wimbledon. Day 1. *Fox Sports 4*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Movie: Love Birds. (PG) (2011) Rhys Darby, Faye Smythe, Sally Hawkins. After being recently dumped, a man nurses an injured duck back to health. **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** 20 To One. **8.30** Britain's Got Talent. **10.30** 2 Broke Girls. (M) **11.30** A To Z. (PG) **12.00** 20/20. **1.00** Extra. **1.30** Danzo Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **12.30** Batman. (PG) **1.00** Power Rangers Dino. (PG) **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Problem Solverz. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** The NRL Rookie. (PG) **8.30** Best Ink. (M) **10.30** Tattoo Fixers. (MA15+) **11.30** South Beach Tow. (M) **12.00** American Digger. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Batman. (PG) **2.00** Problem Solverz. (PG) **2.30** Sooty. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Crazy On The Outside. (PG) (2010) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** The Force: Behind The Line. (PG) The true story behind Strike Force Durkin, the seven-year manhunt to capture Malcolm John Naden. **8.30** In Cold Blood: The Chris Lane Story. A look at the tragic 2013 murder of Aussie baseball player, Chris Lane, who was shot by three callous teenagers. **10.15** The Goldbergs. (PG) **10.45** The Goldbergs. (PG) **11.15** Bates Motel. (M) **12.15** Wild Boys. (PG) **1.15** The Body Specialists. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** Last Chance Learners. (PG) **4.00** Coastwatch Oz. (PG) **4.30** 60 Minute Makeover. (PG) The team heads to Walthamstow. **6.30** Bargain Hunt. The teams head to Detling. **7.30** Pie In The Sky. (PG) After the Crabbes head to Nick Spencer's flat for a holiday, Margaret hears a worrying answering machine message. **8.30** Tennis. Wimbledon. Day 2. **12.00** Tennis. Wimbledon. Day 2. Continued. **4.00** Coastwatch Oz. (PG) **4.30** Harry's Practice. **5.00** Dr Oz. (PG)

## TEN

**6.00** Ent. Tonight. **6.30** Everyday Health. (PG) **7.00** Ben's Menu. **7.30** Bold. **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** MasterChef Aust. **12.10** Dr Phil. **1.10** Offspring. (M) **2.10** Ent. Tonight. **2.40** Everyday Health. (PG) **3.10** Judge Judy. (PG) **3.40** GCBC. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. **8.40** NCIS. (M) After a 14-year-old foils a home invasion, Gibbs suspects the teenager is withholding pertinent details. **9.40** NCIS: LA. (M) Granger escorts Jennifer Kim to Los Angeles. **10.40** NCIS: LA. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00** Megacities. (PG) **9.00** Megafactories. (PG) **10.00** M\*A\*S\*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** The Millers. (PG) **2.00** Dads. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** 48 Hours. (M) **8.30** Movie: The X-Files. (M) (1998) David Duchovny, Gillian Anderson, Martin Landau, Armin Mueller-Stahl. **10.55** The Americans. (MA15+) **11.55** Star Trek: Voyager. (PG) **12.55** Home Shopping. **1.55** Diagnosis Murder. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Extreme Fishing With Robson Green. (PG) **5.00** The Doctors. (M)

## ABC

**6.00** News. **9.00** News Mornings. **10.00** Four Corners. **10.45** Media Watch. (PG) **11.00** Save Your Life Tonight. Final. **11.30** Eggheads. **12.00** News. **1.00** Breathless. (M) **1.50** Antiques Roadshow. **2.50** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.25** The Drum. **6.15** Antiques Roadshow. **6.45** Election Announcement. **7.00** News. **7.30** 7.30. **8.00** Catalyst. (PG) **8.30** Life That Glows. **9.30** Foreign Corre. **10.00** Election Announcement: The Greens. **10.05** The Book Club. **10.30** Lateline. **11.05** The Business. **11.20** Q&A. **12.25** Kitchen Cabinet. **1.00** Rage. (MA15+) **3.10** Movie: Spitfire. (G) (1934) Katharine Hepburn. **4.35** Eggheads. **5.05** The Bill. (PG)

## ABC2

**6.00** Children's Programs. **5.25** The Hive. **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Peg + Cat. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Doctor Who. (PG) **8.15** Gruen Pitch Rewind. (PG) **8.30** Good Game. (M) **9.30** Prison Dads. (M) **10.25** Adam Hills: The Last Leg. (M) **11.10** Jimmy Fallon. (PG) **11.50** Ross Kemp's Britain. (MA15+) **12.35** A Different Breed. (PG) Final. **1.20** Doctor Who. (PG) **2.10** Jimmy Fallon. (PG) **2.50** News Update. **2.55** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina: The Next Steps. **5.45** Postman Pat Special Delivery Service.

## SBS

**6.00** WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Classical Destinations. **3.00** Literary Landscapes. **3.30** Dinosaurs: The Hunt For Life. **4.30** A Year In The Wild. (PG) **5.30** Letters And Numbers. **6.00** Nigella Bites. **6.30** SBS World News. **7.30** Great Continental Railway Journeys. (PG) **8.30** Insight. **9.30** Dateline. **10.00** SBS World News Late Edition. **10.30** 1864: Denmark's War. (MA15+) **11.35** 1864: Denmark's War. (MA15+) Final. **12.45** Inspector Montalbano. (M) **2.40** One Born Every Minute. (M) **3.35** One Born Every Minute. (M) **4.35** Can I Drive, Daddy? (PG) **4.50** Snow In Paradise. **5.00** CCTV English News. **5.30** NHK World English News.

## SBS2

**6.00** WorldWatch. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Nepali News. **4.00** The Feed. **4.30** Flight 920. (PG) **5.30** If You Are The One. **6.25** Humans Of SBS 2. **6.30** Soccer. UEFA Euro 2016. Highlights. **7.30** The Feed. **8.00** Full Frontal With Samantha Bee. (M) **8.30** Troll Hunters. **9.35** Walk Of Shame Shuttle. New. **10.00** Walk Of Shame Shuttle. **10.30** The Goddam Election! With John Safran. **11.30** Wild Ride. (MA15+) **12.00** Wild Ride. **12.30** South Park. (M) **1.00** The Feed. **1.30** The Returned. (M) **2.30** The Returned. (M) **3.30** @midnight. (M) **4.00** @midnight. (M) **4.30** France 24 News In English From Paris. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.45pm Dan In Real Life** (2007) Comedy. Steve Carell, Juliette Binoche. (PG) **Romance** **9.10pm Annie** (2014) Family. Quvenzhané Wallis, Jamie Foxx. (PG) **10.15pm Leaving Las Vegas** (1995) Drama. Nicolas Cage, Elisabeth Shue. (MA15+) **Masterpiece**

## GENERAL

**8.30pm Wentworth**. (MA15+) **SoHo** **9.00pm Silicon Valley**. (MA15+) **Comedy Channel** **9.35pm Ray Donovan**. (MA15+) **Showcase**

## DOCUMENTARY

**8.30pm Australian Story**. (PG) **National Geographic People** **9.00pm Mary Berry's Foolproof Cooking**. *Lifestyle Food* **10.35pm Apples, Pears And Paint: How To Make A Still Life Painting**. *Foxtel Arts*

## SPORT

**7.30pm AFL 360**. *Fox Footy* **8.30pm NRL 360**. *Fox Sports 1* **8.30pm Tennis**. *Wimbledon. Day 2. Fox Sports 4*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Britain's Got Talent. **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** David Attenborough's The Hunt. (PG) **8.40** The NRL Footy Show. (M) **10.40** The NRL Rookie. (PG) **11.40** The AFL Footy Show. (M) **1.30** Danzo Direct. **2.30** Extra. **3.00** Global Shop. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **1.00** Power Rangers Dino. (PG) **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Problem Solverz. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Big Bang. (PG) **8.30** Movie: Lethal Weapon. (M) (1987) **10.50** Ghost Town Gold. (PG) **11.50** American Digger. (PG) **12.20** Adv Time. (PG) **12.50** GO Surround Sound. **1.00** Regular Show. (PG) **1.30** Batman. (PG) **2.00** Problem Solverz. (PG) **2.30** Sooty. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Look Who's Talking. (PG) (1989) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** Highway Patrol. (PG) **8.00** Border Security: International. (PG) **8.30** Criminal Minds. (MA15+) The team investigates after bodies are discovered in public places throughout Boston. **9.30** Criminal Minds. (MA15+) The team investigates botched exorcisms. **10.30** Blindspot. (M) **11.30** Defiance. (MA15+) **12.30** Last Chance Learners. (PG) **1.00** Last Chance Learners. (PG) **1.30** The Body Specialists. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** Last Chance Learners. (PG) Hosted by Mike Whitney. **4.00** Coastwatch Oz. (PG) Officers inspect a party boat. **4.30** 60 Minute Makeover. (PG) The team heads to Preston. **6.30** Bargain Hunt. The teams head to Shepton Mallet. **7.30** Jonathan Creek. (M) A priceless, porcelain statue vanishes from a small-town museum under unusual circumstances. **8.30** Tennis. Wimbledon. Day 3. **12.00** Tennis. Wimbledon. Day 3. Continued. **4.00** Coastwatch Oz. (PG) **4.30** Harry's Practice. **5.00** Dr Oz. (PG)

## TEN

**6.00** Ent. Tonight. **6.30** Everyday Health. (PG) **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** MasterChef Aust. **12.10** Dr Phil. **1.10** Offspring. (M) **2.10** Ent. Tonight. **2.40** Everyday Health. (PG) **3.10** Judge Judy. (PG) **3.40** GCBC. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. Four contestants face elimination. **8.30** Offspring. (M) Return. The Proudman clan is shaken by tragedy. **9.30** Hawaii Five-0. (M) Grover and his family go on the run. **10.30** Hawaii Five-0. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00** Places We Go. **8.30** Reel Action. **9.00** Extreme Fishing With Robson Green. (PG) **10.00** M\*A\*S\*H. (PG) **11.00** Hogan's Heroes. **12.00** Raising Hope. (PG) **1.00** The Millers. (PG) **2.00** Dads. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** The Unstoppables. (PG) New. **8.30** David Attenborough's Madagascar. **9.30** Bear Grylls: Mission Survive. (M) Return. **10.30** Legends. (M) Return. **11.30** Sons Of Anarchy. (MA15+) **12.40** Home Shopping. **2.10** Diagnosis Murder. (PG) **3.05** Star Trek: Voyager. (PG) **4.00** Jake And The Fatman. (PG) **5.00** The Doctors. (M)

## ABC

**6.00** News. **10.00** Q&A. **11.15** One Plus One. **11.30** Eggheads. **12.00** News. **12.30** Press Club. **1.30** Life That Glows. **2.30** Antiques Roadshow. **3.00** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. **5.00** News. **5.30** The Drum. **6.15** Antiques Roadshow. **6.45** Election Announcement. **7.00** News. **7.30** 7.30. **8.00** Kitchen Cabinet. **8.30** Shaun Micallef's MAD AS HELL. (PG) **9.00** The Chaser's Election Desk. **9.30** Adam Hills: The Last Leg. **10.15** Lateline. **10.45** The Business. **11.00** Four Corners. **11.50** Media Watch. (PG) **12.05** Showrunners. (M) **1.35** Liquid Notes: The Making Of The Reef. (PG) **2.05** Adam Hills: The Last Leg. **2.45** Movie: Enchanted Cottage. (G) (1945) **4.35** Eggheads. **5.05** The Bill. (PG)

## ABC2

**6.00** Children's Programs. **4.25** Mister Maker's Arty Party. **4.45** Timmy Time. **5.00** Tree Fu Tom. **5.25** The Hive. **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Peg + Cat. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Gruen Pitch Rewind. (PG) **8.30** Sherlock. (M) **10.00** Adam Hills: The Last Leg. (M) **10.45** Jimmy Fallon. (PG) **11.25** Prison Dads. (M) **12.25** Doctor Who. (PG) **1.10** Jimmy Fallon. (PG) **1.50** News Update. **1.55** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina: The Next Steps. **5.45** Postman Pat Special Delivery Service.

## SBS

**6.00** WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Dean Semler's Road To Hollywood. (PG) **2.55** SBS Identity. **3.00** Dateline. **3.30** Insight. **4.30** The Logan Project. (PG) **5.30** Letters And Numbers. **6.00** Nigella Bites. **6.30** SBS World News. **7.35** Dan Snow's History Of Railways. (PG) **8.35** 24 Hours In Emergency. (M) **9.30** Bosch. (M) Final. **10.25** SBS World News Late Edition. **11.00** Wordplay. (PG) **12.35** Movie: Delhi-6. (M) (2009) **3.05** Salvage Hunters. **4.00** Salvage Hunters. **5.00** CCTV English News. **5.30** NHK World English News.

## SBS2

**6.00** WorldWatch. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** African News. **4.00** The Feed. **4.30** Flight 920. (PG) **5.30** If You Are The One. **6.30** Humans Of SBS 2. **6.35** The Birthday Boys. (PG) **7.10** 30 Rock. (PG) **7.35** The Feed. **8.05** Brooklyn Nine-Nine. (PG) **8.30** Brooklyn Nine-Nine. (PG) **8.55** Brooklyn Nine-Nine. (PG) Final. **9.20** Movie: Red State. (MA15+) (2011) **10.55** Movie: The Devil's Rejects. (MA15+) (2005) **12.55** The Feed. **1.25** Lip Service. (MA15+) **2.25** Lip Service. (MA15+) **3.30** The Birthday Boys. (M) **4.00** Deutsche Welle. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**8.30pm Sideways** (2004) Comedy. Paul Giamatti, Thomas Haden Church. (MA15+) **Masterpiece** **8.30pm Easy A** (2010) Comedy. Emma Stone, Amanda Bynes. (M) **Comedy** **10.35pm The International** (2009) Action. Clive Owen, Naomi Watts. (MA15+) **Action**

## GENERAL

**8.30pm The Doctor Blake Mysteries.** (M) **13th Street** **8.30pm The Americans.** (MA15+) **SoHo** **9.30pm House Of Lies.** (MA15+) **FX**

## DOCUMENTARY

**8.30pm 24 Hours In Police Custody.** (M) **BBC Knowledge** **8.30pm The Pilgrims.** (PG) **History** **9.30pm Real Houses Of....** **Lifestyle Home**

## SPORT

**9.00am Baseball.** Major League. Texas Rangers v New York Yankees. **8.30pm Tennis.** Wimbledon. Day 3. **Fox Sports 4** **8.30pm The Winners Rebooted.** **Fox Footy**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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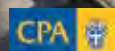
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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: A Cinderella Story: Once Upon A Song. (G) (2011) Lucy Hale, Freddie Stroma. **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Rugby League. NRL. Round 17. Sydney Roosters v Canterbury Bulldogs. From Allianz Stadium, Sydney. **10.10** World's Funniest Videos Top 10 Countdown. (PG) **10.40** World's Funniest Videos Top 10 Countdown. (PG) **11.10** Stalker. (MA15+) **12.10** Anger Management. (M) **12.40** What Would You Do? (M) **1.30** Extra. **2.00** Danoz. **2.30** Global Shop. **3.00** Skippy. **3.30** GMA. **5.00** News. **5.30** Today.

## GO!

**6.00** Children's Programs. **12.30** Batman. (PG) **1.00** Power Rangers Dino. (PG) **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Problem Solverz. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **8.30** Mike & Molly. (PG) **9.30** Mom. **10.30** Anger Management. (M) **11.30** Sullivan & Son. (M) **12.00** American Digger. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Batman. (PG) **2.00** Problem Solverz. (PG) **2.30** Sooty. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Princess In Love. (PG) (1996) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **8.00** Mighty Cruise Ships. Take a look at the construction of the Norwegian Breakaway, which was built in just 18 months. **9.00** Air Crash Investigation. (PG) Take a look at the crash of Garuda Indonesia Flight 200 in 2007 which claimed the lives of 21 people. **10.00** Rush Hour. (M) Carter and Lee thwart a robbery. **11.00** Rush Hour. (M) **12.00** Grey's Anatomy. (M) **1.00** Harry's Practice. **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** Last Chance Learners. (PG) **4.00** Motorway Patrol. (PG) Officers confront a car thief. **4.30** 60 Minute Makeover. (PG) The team heads to Worcestershire. **6.30** Bargain Hunt. Two young teams do battle at Kedleston Hall. **7.30** The Vicar Of Dibley. (PG) After the villagers decide to give up something they love for Lent, David suggests that Geraldine gives up chocolate. **8.30** Tennis. Wimbledon. Day 4. **12.00** Tennis. Wimbledon. Day 4. Continued. **4.00** Dr Oz. (PG) **5.00** Harry's Practice. **5.30** Shopping.

## TEN

**6.00** Ent. Tonight. **6.30** Everyday Health. (PG) **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** MasterChef Aust. **2.00** Ent. Tonight. **2.30** Everyday Health. (PG) **3.00** Judge Judy. (PG) **3.30** GCBC. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. Seven of the contestants face off. **9.40** Shark Tank. (PG) Two NSW entrepreneurs are seeking a \$150,000 investment for their "Get Kids Cooking" pitch. **10.40** Blue Bloods. **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00** River To Reef. (PG) **8.30** Operation Repo. (PG) **9.00** Extreme Fishing With Robson Green. (PG) **9.30** The Unstoppables. (PG) **10.00** M\*A\*S\*H. (PG) **11.00** Hogan's Heroes. **12.00** Raising Hope. (PG) **1.00** The Millers. (PG) **2.00** Dads. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** Car Crash Britain: Caught On Camera. (M) **8.30** Megacities. (PG) **9.30** Cops: Adults Only. (PG) **10.30** Undercover Boss. (PG) **11.30** Chopper's Republic Of Anzakistan. (MA15+) **12.00** House Of Lies. (MA15+) **12.30** Home Shopping. **2.00** Cops: Adults Only. (PG) **3.00** Bellator MMA. (M) **5.00** The Doctors. (M)

## ABC

**6.00** News. **9.00** News Mornings. **10.00** Australian Story. **10.30** Foreign Corre. **11.00** The Dreamhouse. (PG) **11.30** Eggheads. **12.00** News. **1.00** Breathless. (PG) **1.45** Compass. **2.45** Kitchen Cabinet. **3.20** The Bill. **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** Antiques Roadshow. **6.55** Clarke And Dawe. **7.00** News. **7.30** 7.30. **8.00** Kitchen Cabinet. Final. **8.30** Rake. (M) **9.30** Cleverman. (M) **10.25** Lateline. **10.55** The Business. **11.15** Making Families Happy. (M) **12.15** Comedy Up Late. (MA15+) **12.45** Press Club. **1.45** Golf. PGA Tour. Quicken Loans National. Highlights. **2.35** Breathless. (PG) **3.25** Movie: Full Confession. (PG) (1939) **4.35** Eggheads. **5.05** The Bill.

## ABC2

**6.00** Children's Programs. **5.50** Go Jetters. **6.00** Peg & Cat. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Gruen Pitch Rewind. **8.30** Shaun Micallef's MAD AS HELL. (PG) **9.00** The Chaser's Election Desk. **9.30** Buzzcocks. (M) **10.00** Broad City. (M) **10.20** Adam Hills: The Last Leg. (M) **11.05** Jimmy Fallon. (PG) **11.45** Live At The Apollo. (M) **12.30** Alan Carr: Chatty Man. (M) **1.20** Doctor Who. (PG) **2.05** Jimmy Fallon. (PG) **2.45** News Update. **2.50** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina: The Next Steps. **5.45** Postman Pat Special Delivery Service.

## SBS

**6.00** WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Mastroianni, The Ideal Italian. (PG) **3.00** Bazaar. **3.30** SBS Identity. **3.35** First Crossings. **4.30** Neil Oliver: Quest For Bannockburn. (PG) **5.30** Letters And Numbers. **6.00** Nigella Bites. **6.30** SBS World News. **7.30** Fat Vs Sugar. (PG) **8.30** Poh & Co. **9.00** Made In Italy. **9.30** Follow The Money. **10.35** Follow The Money. **11.40** The Sex Clinic. (MA15+) **12.40** Movie: Summer Hours. (M) (2008) **2.30** Ray Mears' Close Encounters. (PG) **3.25** Wildest Islands. **4.25** Food Lovers' Guide To Australia. **5.00** CCTV English News. **5.30** NHK World English News.

## SBS2

**6.00** WorldWatch. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Somali News. **4.00** The Feed. **4.30** Flight 920. Final. **5.30** If You Are The One. **6.35** Humans Of SBS 2. **6.40** 30 Rock. (PG) **7.05** 30 Rock. (PG) **7.30** The Feed. **8.00** Billy On The Street. New. **8.30** MythBusters. (PG) **9.30** Going Deep With David Rees. **10.00** Going Deep With David Rees. **10.25** 3AM: Sex, Drugs, New York. **10.55** 3AM: Sex, Drugs, New York. **11.25** League Nation Live. **12.55** The Feed. **1.25** Town Of The Living Dead. (MA15+) **1.50** The Notorious. (M) **2.20** Attack On Titan. (MA15+) **2.50** Attack On Titan. (MA15+) **3.20** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



**MOVIES**  
**6.40pm Sleeping With Other People** (2015) Comedy. Jason Sudeikis, Alison Brie. (MA15+) *Premiere*  
**8.30pm The Blind Side** (2009) Drama. Sandra Bullock, Quinton Aaron. (PG) *Masterpiece*  
**8.30pm Tammy** (2014) Comedy. Melissa McCarthy, Susan Sarandon. (M) *Comedy*

**GENERAL**  
**8.00pm Celebrity Name Game.** (PG) *Arena*  
**8.30pm Peaky Blinders.** (MA15+) *BBC First*  
**8.30pm Who Do You Think You Are?** (PG) *UKTV*

**DOCUMENTARY**  
**8.30pm 7 New Signs Of The Apocalypse.** (M) *History*  
**8.30pm Naked And Afraid.** (M) *Discovery*

**SPORT**  
**6.30pm Golf.** European PGA Tour. Open de France. First round. *Fox Sports 3*  
**7.50pm Rugby League.** NRL. Roosters v Bulldogs. *Fox Sports 1*  
**8.30pm Football.** AFL. Round 15. West Coast v Essendon. *Fox Footy*

**Classifications:** (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Alaska. (PG) (1996) Thora Birch. **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Rugby League. NRL. Round 17. Brisbane Broncos v Melbourne Storm. From Suncorp Stadium, Brisbane. **10.10** Movie: The Specialist. (MA15+) (1994) Sylvester Stallone, Sharon Stone, James Woods. A bomb expert living in seclusion is asked by a woman to help avenge her father's murder by a drug lord. **12.25** Movie: Dune. (PG) (1984) Kyle MacLachlan, Patrick Stewart, Alicia Witt. A nobleman finds his destiny on a desert planet. **3.00** Anger Management. (M) **3.30** Extra. **4.00** Global Shop. **4.30** GMA.

## GO!

**6.00** Children's Programs. **12.30** Batman. (PG) **1.00** Power Rangers Dino. (PG) **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yu-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Movie: Shark Tale. (G) (2004) **8.30** Movie: Harry Potter And The Deathly Hallows: Part 1. (M) (2010) **11.20** iZombie. (MA15+) **12.20** Way Stranger Than Fiction. (M) **1.20** GO Surround Sound. (PG) **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Sooty. **3.00** Yu-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Avalon High. (G) (2010) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Better Homes. Dr Harry Cooper meets a rooster that is developing a bald spot. Tara Dennis shows how to make a gallery wall. **8.30** Movie: Bridesmaids. (M) (2011) Kristen Wiig, Maya Rudolph, Rose Byrne. Two best friends have a falling out after one of them asks another person to be her maid of honour. **11.00** Ramsay's Kitchen Nightmares USA. (M) Presented by Gordon Ramsay. **12.00** Dr Oz. (PG) Dr Oz is joined by Judy Bachrach. **1.00** Harry's Practice. **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today.

## 7TWO

**6.00** Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. Information about pet care. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Better Homes. **1.00** Dealers. (PG) **3.00** Medical Emergency. (PG) An apprentice chef has a nasty cut. **3.30** Last Chance Learners. (PG) **4.00** Best Houses Australia. **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** The Border. (PG) Officers discover marijuana hidden in a flatbed truck and arrest illegal immigrants, scaling the border fence with a ladder. **8.30** Tennis. Wimbledon. Day 5. **12.00** Tennis. Wimbledon. Day 5. Continued. **4.00** Medical Emergency. (PG) **4.30** Rhythm Of Life: 24 Hours On A Coral Reef. **5.30** Shopping.

## TEN

**6.00** Ent. Tonight. **6.30** Everyday Health. (PG) **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** MasterChef Aust. **3.10** Everyday Health. (PG) **3.40** Judge Judy. (PG) **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. Join the hosts for a look at the day's news, events and hot topics. **7.30** The Living Room. **8.30** The Graham Norton Show. (M) Graham Norton is joined by Melissa McCarthy, Kristen Wiig, Kate McKinnon, Leslie Jones and Charlie Sheen. **9.30** To Be Advised. **10.30** Have You Been Paying Attention? (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping.

## ONE

**6.00** Shopping. **8.00** Motorcycle Racing. MotoGP. Race 8. Dutch Grand Prix. Replay. **9.30** Operation Repo. (PG) **10.00** M\*A\*S\*H. (PG) **11.00** Hogan's Heroes. **12.00** Raising Hope. (PG) **1.00** The Millers. (PG) **2.00** Dads. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (PG) **9.30** Movie: A Certain Justice. (MA15+) (2014) Dolph Lundgren, Cung Le, Vinnie Jones. **11.30** Car Crash Britain: Caught On Camera. (M) **12.30** Home Shopping. **2.00** Star Trek: Voyager. (PG) **3.00** Walker, Texas Ranger. (PG) **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (M)

## ABC

**6.00** ABC News Breakfast. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Catalyst. (PG) **11.00** Wild Life At The Zoo. Final. **11.30** Eggheads. **12.00** News At Noon. **1.00** Breathless. (PG) **1.45** Antiques Roadshow. **2.45** Kitchen Cabinet. Final. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** ABC News. **7.30** 7.30. **8.00** Tony Robinson's Time Walks. (PG) **8.30** New Tricks. (PG) **9.30** Silent Witness. (MA15+) **10.30** Lateline. **11.05** The Business. **11.20** Broadchurch. (M) **12.10** The Chaser's Election Desk. **12.40** Rage. (MA15+) **5.00** Rage. (PG)

## ABC2

**6.00** Children's Programs. **4.45** Timmy Time. **5.00** Tree Fu Tom. **5.25** The Hive. **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Peg + Cat. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.45** Sammy J's Playground Politics. New. **9.15** Can Have Sex, Will Have Sex. (MA15+) **10.05** Adam Hills: The Last Leg. (MA15+) **10.50** Jimmy Fallon. (PG) **11.30** Sherlock. (M) **1.00** Doctor Who. (PG) **2.20** Jimmy Fallon. (PG) **3.00** News Update. **3.05** Close. **5.00** Toby's Travelling Circus. Final. **5.10** Lily's Driftwood Bay. Final. **5.15** Rastamouse. Final. **5.30** Angelina Ballerina: The Next Steps. Final. **5.45** Postman Pat Special Delivery Service. Final.

## SBS

**6.00** WorldWatch. **12.30** Turkish News. **1.00** PBS News. **2.00** Ukulele Orchestra Of Great Britain Live In Australia. **3.00** Kylie Kwong. **3.30** Destination Flavour: Japan - Best Bites. **4.30** Who Do You Think You Are? **5.30** Letters And Numbers. **6.00** Nigella Bites. **6.30** SBS World News. **7.30** Genius Of The Ancient World. **8.35** Building Hitler's Supergun: The Plot To Destroy London. (PG) **9.30** Britain's Ultimate Pilots: Inside The RAF. **10.40** SBS World News Late Edition. **11.10** Movie: Concussion. (MA15+) (2013) **12.55** The Battle For Rio. (M) **2.25** Who Do You Think You Are? (PG) **3.35** Who Do You Think You Are? **4.40** Ernesto In The Land Of Football. **5.00** CCTV English News. **5.30** NHK World English News.

## SBS2

**6.00** WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Armenian News. **4.00** The Feed. **4.30** Online And Lying. (PG) **5.30** Brain Games. **5.55** Street Genius. **6.25** Humans Of SBS 2. **6.30** Soccer. UEFA Euro 2016. Highlights. **7.30** Friday Feed. **8.00** Illusions Of Grandeur. (PG) **8.30** Adam Looking For Eve. (MA15+) **9.20** The Truth About Female Desire. (M) **10.15** Movie: Goemon. (AV15+) (2009) **12.40** Movie: A Boyfriend For My Wife. (M) (2008) **2.30** PopAsia. (PG) **3.00** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**8.30pm Jurassic World** (2015) Action. Chris Pratt, Bryce Dallas Howard. (M) *Premiere*  
**8.30pm Cast Away** (2000) Drama. Tom Hanks, Helen Hunt. (M) *Masterpiece*  
**11.00pm Wild** (2014) Biography. Reese Witherspoon, Laura Dern. (MA15+) *Masterpiece*

## GENERAL

**8.30pm The Magicians**. (MA15+) *Syfy*  
**9.30pm Celebrity Damage Control**. (PG) *Arena*  
**9.30pm Jimmy Kimmel Live**. (MA15+) *Comedy Channel*

## DOCUMENTARY

**8.30pm The Prince's Vision**. *Lifestyle*  
**9.30pm The Heroes Of The Somme**. (M) *History*

## SPORT

**7.30pm Rugby Union**. Super Rugby. Brumbies v Reds. *Fox Sports 2*  
**7.50pm Rugby League**. NRL. Broncos v Storm. *Fox Sports 1*  
**7.50pm Football**. AFL. Port Adelaide v Richmond. *Fox Footy*  
**8.30pm Tennis**. Wimbledon. Day 5. *Fox Sports 4*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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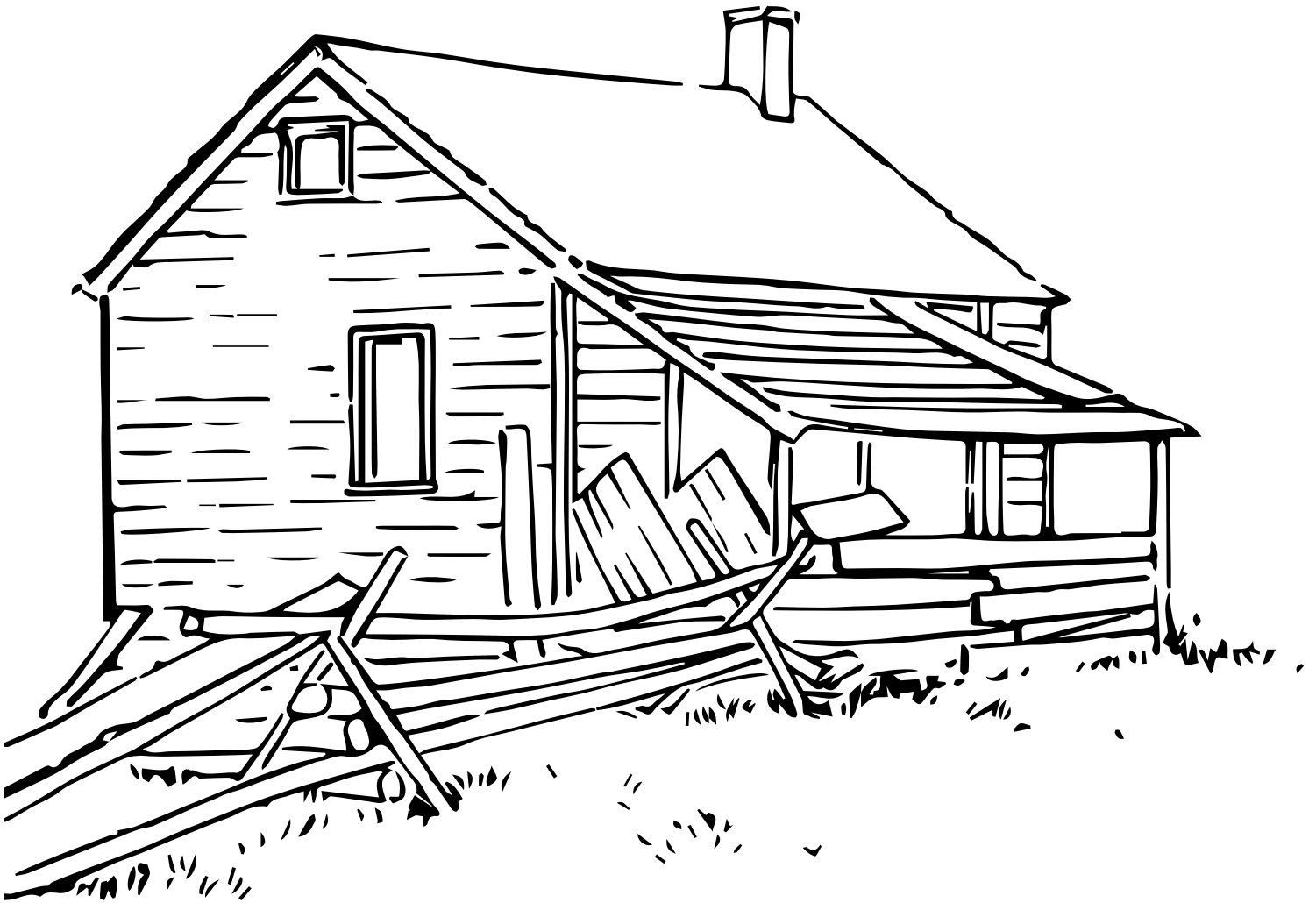
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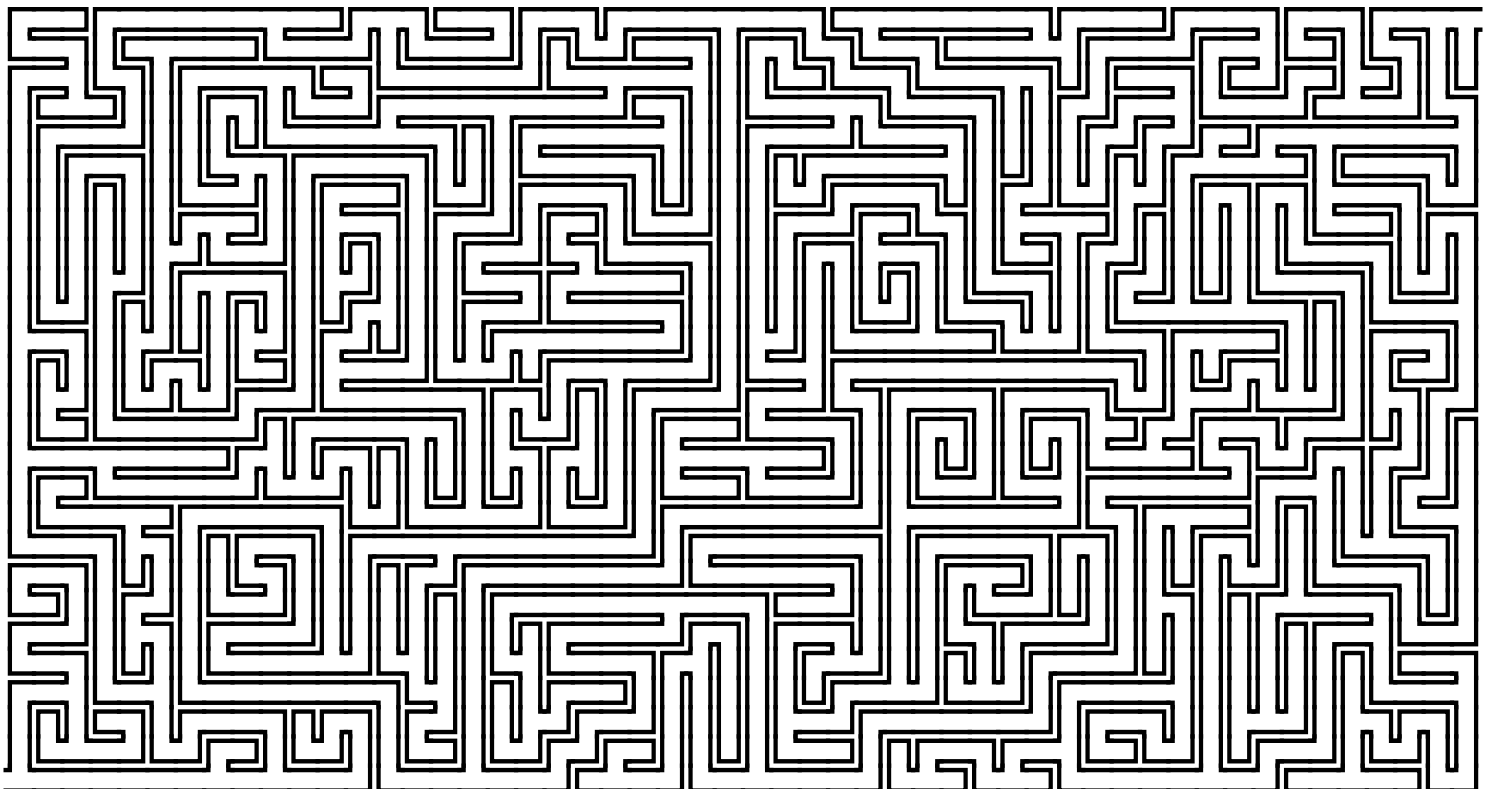
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## AMAZING MAZES

Use a pen or pencil to get from one side to the other



# Real Estate



## CSIRO to support next-gen real estate sustainability

CSIRO has acquired the Centre for Liveability Real Estate and the intellectual property for its sustainability framework from Hooker Corporation.

The Banksia Award-winning platform was developed in collaboration with sustainable design and construction industries and provides training, research, strategy and communication services to the residential real estate industry.

The sustainability framework helps real estate agents to promote properties with the potential for reduced running costs and increased comfort in a way that is more easily recognised at point of sale or rent.

While currently buyers or tenants can see if a residence has three bedrooms and a well-designed kitchen, it is not as easy to determine if it will be warm in winter, cheap to run, or if it has a large impact on the environment; Liveability aims to bring these features to

the forefront of any real estate transaction.

It also has the potential to positively influence property value by addressing the other side of affordability, the running costs, which research partner Cecille Weldon believes could represent a revolution in residential property marketing.

"It's about delivering a better experience for buyers, sellers, tenants and investors by empowering them to find or create their 'best home': healthy, efficient, comfortable and connected to their community," Ms Weldon said.

Liveability adds to CSIRO's existing research in residential energy efficiency and aligns with its wider climate change mitigation work.

CSIRO's work in this area is enhancing sustainability awareness within the 9.6 million Australian residences that are responsible for approximately 11 per cent of the nation's greenhouse gas emissions.

CSIRO research director Dr Stephen White said the framework and related checklist presents a step-change for sustainability in the real estate industry.

"CSIRO is at the forefront of research into our impact on the planet and what we can do to live more sustainably – through Liveability, it's possible to

identify the best ways to be eco-friendly and be comfortable in our homes," Dr White said.

"The framework is aspirational and positive, targeting the desirable features of a house that a buyer or seller can transparently seek out, have a conversation about, and ultimately place value on.

"It's highly relevant to individuals making one of the largest financial investments in their life, with careful consideration of the needs of the various players in the real estate transaction," he said.

Real Estate Institute of New South Wales CEO Tim McKibbin said: "We are excited to sign on

as the first Real Estate Institute partner of Liveability and to be able to offer this industry leading training to our members over the coming months.

We are proud that our industry has provided such a significant contribution to enhancing the customer experience for buyers and tenants."

CSIRO's immediate focus is to relaunch the centre and the consumer portal liveability.com.au and to develop and strengthen the specialist training program to support a roll-out to the national residential real estate industry.

From there, the existing framework will be extended to include online training and exclusive membership services to be provided directly to real estate agents.

*The sustainability framework helps real estate agents to promote properties with the potential for reduced running costs and increased comfort*

## Centre of Attention 15 Discovery Drive, North Lakes

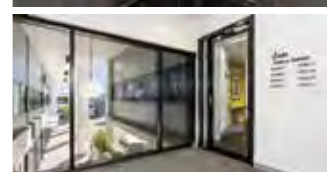
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# Water and sewerage price reductions for Moreton Bay

quality and reliability of our services or our investment in essential infrastructure both now and into the future," Unitywater Chairman Jim Soorley said.

"I am very pleased for the residents of Moreton Bay that our efforts to drive efficiencies and reduce costs are enabling us to pass on real savings to our customers."

Unfortunately the bulk water price set by the State Government, will increase by 2.5%. For the average Moreton Bay customer this adds approximately \$10 to the total water and sewerage bill from 1 July 2016.

Unitywater water and sewerage customers in Moreton Bay stand to benefit from price reductions on their water and sewerage bills next financial year with the average residential bill reducing by \$14.60.

Last year we froze Unitywater prices and today's announcement means prices are actually going down.

The combination of last year's price freeze and this year's reduction means customers have saved \$66.

"We have been able to make this decision as a result of continuing to reduce operating expenses without compromising on the

## Unitywater water/ sewerage bills 2016-17

Average bill for Moreton Bay resident (using 147kL per person/year)  
2015-16: \$1603.50  
2016-17: \$1598.75

Pensioner  
2015-16: \$1138.39 (using 29kL per person/year)  
2016-17: \$1125.



## JUST LISTED

102 NORTH RIDGE CIRCUIT, DECEPTION BAY

\$699,000 Negotiable

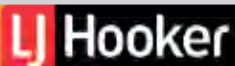
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# Winter Warning: no outdoor gas heaters indoors

It may be cosy, but the outdoor gas heater you're using to keep warm this winter could be a hazard unless it's used properly.

The seasonal warning came from Minister for State Development and Minister for Natural Resources and Mines Dr Anthony Lynham.

"Now that winter has finally turned up and temperatures are dropping, cafes, restaurants, and householders, are breaking out their portable gas heaters for outdoor dining," he said.

"They do a great job and they're entirely safe, just as long as both the heater and the LPG cylinder are used properly.

"That means only being operated outdoors or in well-ventilated areas, and being kept well away from any combustible material.

"Unfortunately, if used incorrectly these heaters can produce toxic carbon monoxide gas and expose people to possible carbon monoxide poisoning.

"Carbon monoxide is a colourless, odourless gas formed when fuels that contain carbon

are burned in a poorly ventilated space – and it is a silent killer.

"Improper use and storage can also result in contact burns, fire or explosion causing serious injury and even death."

Dr Lynham said five incidents involving portable outdoor gas heaters had been reported in Queensland since 2009, including one resulting in minor burns.

"Fortunately we haven't seen the worst-case scenario play out in Queensland, however the death of two young boys in Victoria in 2010 due to a faulty gas heater causing a build-up of carbon monoxide in their home is a tragic reminder," he said.

"I want to maintain Queensland's safety record with these heaters and I'd encourage any business or householder to check my Department of Natural Resources and Mines' safety information to ensure their heaters and cylinders are safe."

Dr Lynham said departmental gas inspectors proactively checked gas appliances and systems which includes unannounced inspections of commercial premises including pubs, clubs and restaurants.

Visit [www.qld.gov.au/emergency/safety/gas/gas-safety-videos.html](http://www.qld.gov.au/emergency/safety/gas/gas-safety-videos.html) for more information about the safe use and storage of portable gas appliances, including outdoor heaters.



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**AUCTION:** On-Site Sat, 25th June @ 11am

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# Greater together is working around your schedule, not mine.

We understand that it's not always convenient to meet at our offices during business hours. That's why David Grey, your local RAMS Home Loan Specialist, is always happy to meet at a time and a place that best suits you (even if it is after story time).



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Northern Brisbane  
and Moreton

**David Grey**  
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## ForSale

For sale- Holden Caprice V8 for sale Oct 2013, 9000 klms as new always garaged never been in the weather, first to see will buy, immaculate, \$45 k contact Denis 0407060608

Northlakes State College uniforms 1x girls cardigan size 14 (perfect condition)- \$30 1x senior polo shirt, size 12- \$10 1x sport polo shirt, size 12- \$10 1x white formal blouse, size 8- \$10 2x navy unisex sport shorts, size 12- \$10 each Phone or text Beverley on 0421823263. Pick up from Northlakes.

## Garage Sale

GARAGE SALE: Saturday, June 25, 6am-12pm 8 Burgan Place, North Lakes. Sports Equipment, Camping Gear, Baby Clothes & Toys, Kitchenware, Linens, Scrapbooks, Holiday Decorations and misc household items.

## Position Available

URGENT need Customer Service Manager Cleaning Looking for a customer service manager to look after the cleaning operations in North East Qld region urgently. Must possess good knowledge of use of machines like scrubbers, buffers and strip and seal. Experience - min 1 yr. Salary - 50K to 60K +Super Joining - Immediate email CV- [msnenterprisegrp@gmail.com](mailto:msnenterprisegrp@gmail.com)

## Accommodation

## Give Away

Classified advertising cost is \$8.80 GST included for one week. E-mail your ad to [adz@northlakemessenger.com.au](mailto:adz@northlakemessenger.com.au) before Thursday morning the week prior. Call Nick on 1300 300 608 with credit card payment

## North Lakes Community Women's Group Inc. News

Written by Sam Stevens Publicity Officer NLCWGI

With a whirl and a twirl, a swish and a swoosh eight members of the Kallangur Senior Citizens Club put on a captivating show of square dancing with their caller, Jan Hay, providing the calls backed with the appropriate music. Following this colourful demonstration a good number of our more enthusiastic members took to the floor in groups of eight for lessons. What a hoot! Well, to start with there were some very uncoordinated moves which gradually improved to the point of success, demonstrated with loud cheering and applause. A great event involving a lot of fun. Our thanks to the ladies from the Kallangur Senior Citizens Club, Square Dancing Group for putting on such a great show.

Tuesday 28th June 11:30 LUNCH – Mon Komo, 99 Marine Pde, Redcliffe. The Caribbee Restaurant offers \$15.00 lunch specials and \$19.00 favourites. A grand venue in a grand spot by the beach. Registration is essential.

Tuesday 5th July 09:45 MONTHLY GENERAL MEETING – Yes, another MGM where we gather together to conduct general business, conjure up ideas for our events calendar, catch up with one another and have a bit of fun over a lovely cuppa.

Tuesday 12th July 09:45 GUEST SPEAKER – Solicitor - Brian Herd, from Carne Reidy Herd, will speak to us about Elder Abuse and the Laws and Rights of the elderly. Brian is recognised as one of Australia's leading experts in the areas of elder law, retirement, disability and aged care. This is a very worthwhile Guest Speaker not to be missed.

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410.



*High Tea at Tiffany's*

High Tea  
Weddings  
Bridal Showers  
Birthdays  
Special Occasions

Shop 2, 26 Memorial Drive  
North Lakes  
Ph: 3204 5657

## SYBIL'S NAILS

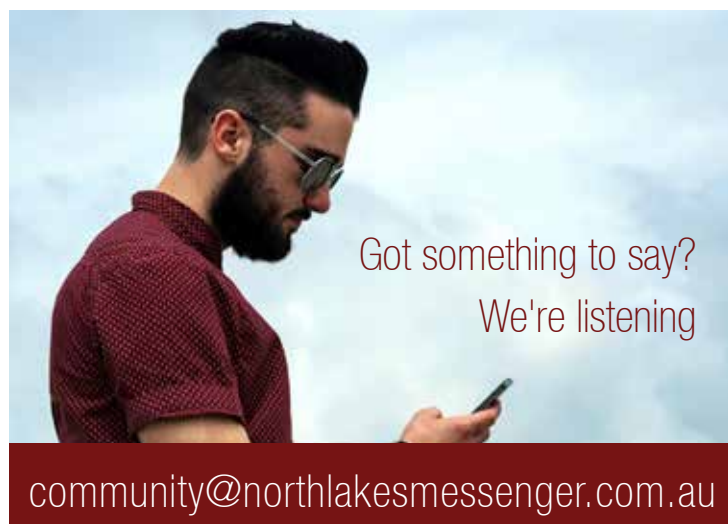
BIO SCULPTURE GEL NAILS  
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choose from that  
don't chip or fade



BOOKINGS ESSENTIAL

Phone Sybil on **3293 1712 or 0415 101 882**



Got something to say?  
We're listening

[community@northlakemessenger.com.au](mailto:community@northlakemessenger.com.au)

## Breakaway Inc Shopping Tour



Join Us For A Day of  
Shopping Therapy

£50 per person  
(Direct deposit or cash)  
Includes: food, drinks, tea & coffee, great prizes  
as clothing store, bags, homeware,  
cosmetics, jewelry, books or even an  
extra bottle of wine and good company!!

When: July 30th 2015 (8.30am departure)  
Where: Kangaroo Des Lines, Burpengary  
PRE BOOKING IS ESSENTIAL TO SECURE A SPOT!  
For More Information and to RSVP Please Contact Veronica [breakawayshopping@bigpond.com](mailto:breakawayshopping@bigpond.com)  
#3883 3999 or #0404 898 361



## Sudoku

		6	5		2		8	
	4					5	3	
8			3				2	4
	7			5				
6			1		8			5
				2			6	
3	5				9			7
	6	7					4	
	1		4		7	6		

Fancy yourself as a sudoku pro? Try this one

4								
					6	5		
9	2		8				7	6
2			5				8	
		9	2		1	4		
	3				4			1
3	8				7		5	9
		2	3					
								2

Crossword Solution from last issue

	A	B	L	A	Z	E		R	E	B	U	K	E	
				M		L		I	U		N			
A	C	O	R	N		A	P	P	A	L	O	O	S	A
N				E		N		E		L		W		N
N	E	W	E	S	T		I	N	S	I	G	N	I	A
I				I			K			O				E
V	A	L	U	A	B	L	E	S		N	O	U	N	S
E								B						T
R	O	Y	A	L			L	A	B	Y	R	I	N	T
S				I			N			E				E
A	M	B	R	O	S	I	A			A	C	C	E	N
R		A		N		N		E		L				I
Y	E	S	T	E	R	D	A	Y		A	N	T	I	C
		T		S		U		O		I				
	L	E	S	S	E	E		T	A	M	P	E	R	

# Crossword 6442

Kindly provided by famous skateboarder - Laurie Stibbe

Kindly provided by famous skateboarder - Laurie Stibbe

## ACROSS

- 1 Dam-building animal  
4 Relating to mail delivery  
7 Interior decoration  
8 Person who can't sleep  
10 Person who is swindled  
11 Room for daily ablutions  
12 Grant credentials to  
13 Elixir of life  
14 Reason by deduction  
16 Glow in the sky after sunset  
18 Inside a house or country  
21 Make loud piercing vocal sound  
23 Of trees that lose leaves  
24 Relating to a city  
25 Inaction  
26 Sarcastic written work

**DOWN**

- 2 Changing colour  
3 Precipitating (water drops)  
4 Shaped and dried dough  
5 In an unspecified manner  
6 Spanish or Mexican friend  
7 Branched out  
9 Female photographer  
11 Shy, timid, self-conscious  
15 Painted screen behind altar  
17 Tennis sports implement  
19 Silent, understood  
20 Longest geological times  
22 Egypt goddess of fertility

	1			2		3		4		5		6	
7						8							9
10							11						
12										13			
14				15		16				17			
18		19				20			21				
							22						
23									24				
	25							26					

# The Messenger Handy Hints



When traveling with a baby: Take some baking soda with you in a small ziplock bag. Should your baby be sick, simply sprinkle clothes with the soda. Brush off when dry, and the odour will have disappeared.

To get your Handy Hint into The Messenger, just send a short (50 words or less, includes title) description to [adz@northlakesmessenger.com.au](mailto:adz@northlakesmessenger.com.au)

Attributed to Freepik

# COMMUNITY NOTICEBOARD

A free service provided by the Messenger for community, social and non-profit organisations

SUBMIT VIA:

**community@northlakesmessenger.com.au**

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- To guarantee placement for the following week, please make your submission by Thursday prior
- Your submission will run ongoing until you notify us otherwise

## HANDY NUMBERS TO KNOW

<b>Emergency:</b>	<b>000</b>
<b>NL/MH Police:</b>	<b>3482 1444</b>
<b>Crime Stoppers:</b>	<b>1800 333 000</b>
<b>SES:</b>	<b>132 500</b>
<b>Health Advice:</b>	<b>13432 584</b>
<b>Wildlife Rescue:</b>	<b>0401 350 799</b>
<b>RSPCA:</b>	<b>1300 363 736</b>
<b>Dakabin Pound:</b>	<b>3886 0357</b>

**THE 500 CLUB** If you enjoy a friendly of 500 you can join us at Redcliffe Senior Citizens centre, 401 Oxley Avenue Redcliffe every monday from 12.30 pm - 4 pm Contact Irish on 32035047 or Vivvi on 0407238163

**A.C.M.A. MIN BRANCH.** Monthly concerts/socials held on 4th Sat. each month NOTE new starting time now from 1.00pm. Kruger Hall Ann St. Kallangur. Quality Guest Artists & Club Member Spots. All welcome Call Queenie 5497 9395.

**A.I.R.** The Assoc. of Independent Retirees (AIR) AIR will hold an Investor Breakfast for self-funded retirees and investors at the Moreton Bay Boat Club Bird O'Passage Parade Scarborough on Monday 20th June, 2016, at 7-15a.m. Special guest speakers are Terri Lou, National Manager Wealth Management and William Peters Senior Private Client Advisor Morgans. Cost, including served breakfast, \$16 pp. Bookings to Val Martin 3203 5074 or Max Barton 3142 2506

**AI-ANON.** If someone you love, or are dependent on has a drinking problem and you can see what it is doing to them; if you're also concerned how it's affecting you. We can help. AI-Anon Family group meets Tuesdays at 12.30 at the Church of Christ Church on Ashmore Road, Redcliffe. For further information phone 1300252666

**ALCOHOLICS ANONYMOUS.** If you want to drink that's your business if you want to stop we can help. alcoholics anonymous holds meetings everyday in the moretonbay area in the following suburbs, caboolture, bribe Island, deceptionbay, redcliffe, margate, clontarf, woody point please phone 1300222222 or go to aa.org.au

**ALL ABOUT LIVING** is an aged care service provider that is looking for volunteers to assist with transport, administration, activity groups and projects. If you are interested in helping our participants please contact Kathy on 07 3269 1915, or see our website [www.allaboutliving.com.au](http://www.allaboutliving.com.au) - We promote Choice, Support and Connection

**ALL WELCOME** at The Moreton Bay Social Group Make Friends - Have Fun is our motto. We meet every Tuesday evening at the Redcliffe Leagues Club from 6pm. So join us for friendly conversation and discuss fun outings for our future events. We look forward to hearing from you, for further information contact Maureen 34918998 or Nick 0423543833 or Pat 0403946369

**A.L.P.** To all ALP members in North Lakes & Mango Hill. The local branch of the Australian Labor Party meets the 1st Wednesday of every month at 'The Space' North Lakes cnr of Endeavour Blvd and Lakefield Drive. For more information contact Mick 0422 434 562 or Judi 0407 958 610 or Email [alpmurumba.east@gmail.com](mailto:alpmurumba.east@gmail.com)

**ANGLICAN CHURCH OF NORTH LAKES** We are a Contemporary Anglican Community who gather for worship on Sunday at 9:30am in the Performing Arts Centre of North Lakes State College. We sing a mix of modern music and reworked old hymns. We enjoy having Communion and engage with our Bibles each week to see what God has for us. Call on 0403977512 - like us on Facebook - visit [www.thelakesanglican.org.au](http://www.thelakesanglican.org.au)

**ANGLICAN CHURCH** St Peter the Fisherman 13 Lucinda St Clontarf. Services Saturday 6pm Sunday 7am & 9am Wednesday 10am. Sunday school, craft, mens, tots/preschoolers, ladies groups and much more. Fr Howard Smith 3284 9283. Beautiful church & grounds for baptisms, weddings, funerals, blessings in Bramble Bay Parish.

**ANNE'S SOCIAL CIRCLE.** Looking to welcome new members. We are a group of Single Men, Women and Couples from all walks of life. We get involved in a diverse range of activities, including Live bands, Tribute shows, lots of dancing, Live Theatre, Restaurants and trips planned for the future. A wine tasting coming up. The more the merrier, a non sticky group of fun people. Don't sit at home go out and have fun. For more information call Anne on 3880 1088.

**ARANA VIEW CLUB LUNCHEON MEETING** 10.30am for 11.00am on Wednesday 6th July 2016 at Arana Leagues Club, Dawson Parade, Keppera. Guestspeaker, Murray Altham, Author of 'Choose Excellent Health'. Cent Auction and raffles. Two-course lunch incl tea/coffee (\$25.00). Bookings: Heather 3300 3733 by 4pm Monday 4th July. Arana VIEW meets on the first Wednesday of the month and welcomes new members and visitors to our meetings and other social activities organised each month. [www.thesmithfamily.com.au/view](http://www.thesmithfamily.com.au/view)

**ARE YOU A SINGER?** Counterpoint Vocal Ensemble has vacancies for an experienced baritone and soprano. Counterpoint is an auditioned adult 4-part choir specialising in a cappella choral works of a wide variety of genres. The group rehearses at Banyo and presents three major concerts each year. For information, or to register your interest, please call 3284 3688.

**BABY & TODDLER GROUP (REDCLIFFE):** Teeny Tots meets every Thursday (term time only) at Recalibrate Church, 3 Plume Street, Redcliffe. Starting at 9:30am - 11:00am with craft times, stories, morning tea and free play that everyone will enjoy! \$2 entry. Please call the Recalibrate Church office on 07 3284 6511 or email [office@recalibrate.church](mailto:office@recalibrate.church) for more details.

**BAHA'I FAITH** of Moreton Bay Region openly invites enquiries of Belief Principles, Children's Classes, General Information, Holy Day Events, Holy Script Study Groups, Internet Sites, Library Books, Pamphlets, Social Gatherings, School Religious Classes, Youth and Pre-Youth Activities and more. "The world is but one country and mankind its citizens." Baha'ullah Phone: 07 38861567 Email: [MoretonBayUSA\[mbrisa.sec@gmail.com\]](mailto:MoretonBayUSA[mbrisa.sec@gmail.com]) Web: [www.bahai.org.au](http://www.bahai.org.au) or [www.moretonbaybahais.org](http://www.moretonbaybahais.org)

**BLUE DENIM COUNTRY MUSIC CLUB** Progress Hall, 34 Cornelius Street, Clontarf. Socials

4th Sunday of each month. Contact Julie 3889 3179 or Lesley 3284 1083. All welcome. Entry is \$6.00. Social commences 12:30pm. See Facebook for other details.

**BOOM YOUTH** A High School Youth Program in North Lakes (the Space) @ Kallangur (Kallangur State School). 7-9pm For more information, please call 0413 905 336.

**BRENDALE EVENING VIEW CLUB** meet for dinner on the third Tuesday of the month at Wantima Country Club, (Golf Club) 530 South Pine Road, Brendale. We enjoy a two course meal, a guest speaker, raffles and lucky door prize. We raise funds for the children's charity The Smith Family and support students through their education. Ladies come meet new friends. Visitors and new members welcome. Phone Anna at 3425 3927 or 0400 557 082

**BRIDGE PLAYERS.** We have a small club at North lakes library level No1 meeting Monday and Friday mornings at 9.30 till approx. 12.30. come along or ring Ken Hooper on 32045636.

**BRIDGE** Redcliffe Bridge Club plays most days of the week. Players of all levels are welcome. Lessons held every six months. Morning and afternoon sessions. If interested please contact Richard on 3882 5970.

**BURPENGARY ANGLICAN CHURCH** - Parish of Freshwater. 45 Pitt Road Burpengary. Traditional Worship Services weekly with Eucharist at 6.00pm Saturday evenings. Visitors Welcome. Please stay for a coffee and a friendly chat after the service.

**BUSH POETRY, NORTH PINE** We meet 1st and 3rd Sundays 9am until noon at The Distillery North Pine Hotel Old Petrie Town Dayboro Rd Petrie. All welcome. Perform or listen, have your work read, Close Poets set yourself free in a friendly nurturing environment. Cmon dip your toes in the water. Contact Cay on 07 3408 3219 or front up and make yourself known to the MC. Change your Life for the better, take the first step.

**CABOOLTURE FAMILY HISTORY RESEARCH.** One hour of FREE assisted local, Australian and overseas research is available at Caboolture Family History Research Group Inc, located at Caboolture Historical Village, Beerburum Road on Monday, Wednesday, Friday and Saturday between 9.30am - 2.00pm. (No entry fee to village for CFHRG research) Tel (07) 54282018 or email [us.at.cfhrg55@bigpond.com](mailto:us.at.cfhrg55@bigpond.com).

**CABOOLTURE HISTORICAL VILLAGE POTTERS** is a pottery group located in the Caboolture Historical Village, Beerburum Road Caboolture. We hold lessons every Monday and Tuesday from 9 am till 1 pm. We sell handcrafted pottery in our gallery. Contact phone number for the Pottery Shop is 5498 9933 or contact club president on mobile number 0409 057 436.

**CATHOLIC MASSES ON REDCLIFFE PENINSULA.** Everyone is welcome to join any of our regular Masses. These are held at the Holy Cross Church, Anzac Ave, Kippa-Ring, at 6pm Saturday (Vigil); 9am Sunday; and 5pm Sunday. Mass is held at Mary Queen of Peace Church, Victoria Ave, Woody Point at 7.30am Sunday. Weekday masses are also held. See details in the Parish Newsletter at our website, [www.redcliffecatholicparish.com](http://www.redcliffecatholicparish.com) or phone 3293 0800.

**CATHOLIC NEWS IN NORTH LAKES AND MANGO HILL.** Everyone is welcome to our Sunday Mass at 9.30am in St Benedict's School, Capestone Blvd (off Anzac Ave) Mango Hill. We have a very active youth group. We also hold a Friday weekday mass at St Benedict's School at 9.00am except for the first Friday of each month. See details in the Parish Newsletter at our website, [www.redcliffecatholicparish.com](http://www.redcliffecatholicparish.com)

**CENTRAL LIONES CLUB** Lioness Club Redcliffe. Meet new friends & provide community services for your local area. We meet on the 2nd & 4th Monday at 6.30pm at Woody Pt Hall, Redcliffe. Contact Gill Bust 3284025 & Liz Alcock 3284 9415.

**CENTRED YOUTH** A fantastic High School youth event in Redcliffe @ Recalibrate Church, every Friday (term time only). 7:00pm - 9:00pm (chill time from 6:30pm) with sports, games, PlayStation, great music and life changing messages. Contact the Recalibrate Church office on 07 3284 6511, [office@recalibrate.church](mailto:office@recalibrate.church) and check out our website [www.centredyouth.com](http://www.centredyouth.com)

**CHRISTADELPHIANS OF REDCLIFFE** - 6 Irene Street, Redcliffe. Find out what the Bible really teaches. Addresses held each Sunday evening at 7pm, - 2pm on the first Sunday of each month. Join us on the left side of the Redcliffe jetty, last Saturday of each month, 10:30am. All our activities are totally free, no collections, all your questions will be truthfully answered. E-mail [redcliffegps@optusnet.com.au](mailto:redcliffegps@optusnet.com.au) for further information.

**CHRISTIAN GROW GROUP** meets at Deception Bay Baptist Church, Cnr. Silver Street and Maine Terrace, Deception Bay, each Tuesday morning at 9.30 am. Our group welcomes anyone battling a mental health problem. We use Grow's long tried and tested 12 Step Program with practical steps and peer support to aid in recovery of mental health. For more details, phone Malcolm on 3888 0594.

**CLASSICALLY TRAINED VOCALISTS** wanted to start a group of 3-4 females aged between 25-40. Classical crossover e.g. Celtic wonder, Katherine Jenkins, Sarah Brightman, and traditional classical repertoire. Email Rebecca, at [classic\\_girl1@yahoo.com.au](mailto:classic_girl1@yahoo.com.au)

**CONSUMER ADVOCACY** For patients who have endured/enduring difficulty with current illness/disability or treatments. Jodie from Jodiesjourney.com can assist patients with free assistance and advice, particularly in the area of how to get the most out of the medical system and the best consumer outcomes. Jodie also speaks at functions and has a team of consumer consultants who can help anyone using the healthcare system at [consumerconsultation.com](http://consumerconsultation.com) - contact at [jodie@jodiesjourney.com](mailto:jodie@jodiesjourney.com)

**CRAFT AND COFFEE MORNING:** Pine Rivers QCWA Craft and Coffee group meet at 9:30 am on the 3rd Tuesday of each Month at the Girl Guide Hut - Nightingale Road - Lawnton. All welcome to come along and for further information phone 54595 5151.

**CROSSWAYS SOCIAL GROUP FOR DISABLED ADULTS** meets every 1st & 3rd Thursday of the Month from 7.00- 8.30PM at Redcliffe Uniting Church hall, 1 Richens St Redcliffe. Cost \$2.00 & bus pick up extra \$1.00. Phone 3284 6451 for further information.

**DECEPTION BAY ANGLICAN CHURCH** - Parish of Freshwater. 43 Park Rd Deception Bay. Modern Family Worship Services weekly at 8.30am Sunday mornings with an active band - guitar, drums and keyboard. Visitors welcome. Please stay for morning tea and a friendly chat after the service.

**DECEPTION BAY GEM & ALLIED CRAFT CLUB** every Monday Wednesday Saturday 9am to 12 noon at 52 Old Bay Road Deception Bay (opp. Deception Bay North State School). Learn how to cut & polish stones(cabochons) faceting, silverwork and more. Secretary 0414488560. Come and enjoy learning all aspects of jewellery making at our friendly club.

**DECEPTION BAY GIRL GUIDES** enables girls from 5 and up to grow into confident, self-respecting and responsible community members. Meetings are Thursday 5pm and Friday 5:30pm at 35 Sampson Street, Deception Bay. Give Guides a go for 4 weeks for free. Adults are also invited to be involved as Leaders or in our Support Group. Visit <http://bit.ly/dbayguides> for more details

**DECEPTION BAY SEVENTHDAY ADVENTIST'S** meet every Saturday at Deception Bay Prima ry School Music Hall Corner of King Street & Beauford place at 9:30 am for bible study and 11am worship service. Everyone most welcome. Contact Humberto 0738865818 for further information.

**DECEPTION BAY SPIRITUAL CENTRE** Every Sunday from 2.30 until 5.30pm for Meditation, Healing and Service. We also sell Crystal Gemstones at a very reasonable cost. All enquires contact Rev Carol Bloor 0418 592 412.

**DISCOVERY BAPTIST CHURCH**, North Lakes, is a Christian Church committed to knowing God deeply and making a difference in our community of North Lakes. We'd love for you to join us for Sunday worship and God's Gems (Sunday School) at 9.30 am at The Space - corner of Lakefield Drive and Endeavour Boulevard, North Lakes. For other information and activities please visit our website at: [www.discoverybaptist.com.au](http://www.discoverybaptist.com.au) or contact Pastor Phil Smith: 0430811967.

**EILDON CROQUET CLUB** is an enjoyable club to join and play croquet. We play 4 forms of croquet. Golf croquet is played Tues & Fri 8:30 am and Tues 3:00 pm. Ricchet is played Mon 9:00 am. Association is played Wed 9:30 am and Sat 8:30 am. Gateball is played Fri 3:00 pm. All forms of croquet can be enjoyed by any age group. We also hire out the club for croquet parties that the whole family can participate in. You are most welcome to phone the club on 3283 2924 with any queries.

**FLORAL ART.** Peninsula Floral Art Group welcome visitors and new members to join them each month to have fun with flowers. We are a small group who enjoy both each others' company and learning the skills of flower arranging. Our meetings are at The Hub Old Fire Station Oxley Avenue Redcliffe on the 2nd Tuesday each month (February to November) 9.30am morning tea 10.00am workshop and meeting. Enquiries Pat Spillman Secretary Ph 32845795 Email [pfag-redcliffe@hotmail.com](mailto:pfag-redcliffe@hotmail.com).

**FOOD SUPPORT.** Do you need some Food Support? Struggling to put food on the table?

Please contact the Life Community Care office to receive a box of food on 07 3482 3005.

**FREE CONVERSATIONAL ENGLISH LESSONS** Thursday Morning 9.30 - 11am or Tuesday Evening 7 - 8.30pm. All ages. In Deception Bay, cnr Maine tce & Water st. Phone: Susan 04496 63421

**FRIENDLY SOCIAL TABLE TENNIS** club. We are a group of 50 and overs (men and women) that will welcome new members. We play every Monday from 8am until 12 noon at Redcliffe Senior Citizens hall, Oxley Avenue (next to the old fire station) cost is minimal including morning tea. come along or contact Pat 3880 1210 or pedwards1948@bigpond.com

**GRANDPARENTS SUPPORT GROUP (GAGS)** A support group for grandparents who raise their grandchildren full-time. We cover all of the Moreton Bay area. We are only a phone call away for a chat, advice. The group meets on the first Wednesday of each month (except sch holidays) in a conference room next to the Caboolture Library known as The Hub. For information phone Lynn Fielding 040725 1274.

**GROUP OUTDOOR FITNESS** North Lakes This isn't a business it's just a small group M/F aged between 20ish and 50ish who get together twice a week in the park in Little Burke Street at North Lakes to train, Tuesday and Thursday from 6.30pm sessions go for about an hour, join us and get great encouragement and help. For more information and questions answered call or txt Bryan on 042833 7325

**HER INSTINCT CLUB** @ North Lakes If you love sharing your talent, passion and life in food, writings, music, photography and art etc. meet us at the new club. Create and collaborate on projects that you enjoy and we may publish them on our not-for-profit website. Or simply brainstorm your next big idea with like-minded members at our gatherings. Dreamers, amateurs and professionals welcome. Men/women. Email [chriseer@gmail.com](mailto:chriseer@gmail.com) to find out more

**HISTORY REDCLIFFE** holds its general meeting on the second Friday of the month at 2pm, in the Terry Walker Room, Redcliffe Cultural Centre. Monthly guest speakers highlight interesting aspects of Redcliffe's history. Members and guests are invited to participate in the meeting and share afternoon tea. Enquiries to [info@historyredcliffe.com.au](mailto:info@historyredcliffe.com.au) or [www.historyredcliffe.com.au](http://www.historyredcliffe.com.au)

**JP BOOTH** MKT Deception Bay Shopping Centre Mon-Sat 9am-1pm.

**JUSTICE OF THE PEACE SERVICE** Run by volunteers, a Justice of the Peace Service is available at Westfield North Lakes Monday - Friday 10.30 am - 2.30 pm, Thursday Night 6.30 - 8pm. Saturdays 9.30am - 12 midday. Call Westfield Centre Management 3491 9072 or emergencies only Dept of Justice Brisbane 1300 301 147.

**KALLANGUR INDOOR BOWLS** Monday Afternoons from 1pm-4pm Kallangur Community Centre, Next to the Library on Anzac Avenue, Kallangur Cost: Only \$4 which includes tea, coffee and biscuits. Come along and enjoy an afternoon of fun. Join a friendly group who will welcome all new members. Beginners very welcome. For more information please contact Wyn Carlton on 07 3886 2779

**KALLANGUR MEMORIAL BOWLS CLUB** Wednesday Men's Pairs 12.30 pm. Thursday Ladies/Mixed 9.30 am. Saturday Open Social 12.30 pm. Large airconditioned function room, private bar facilities and catering available. Friday night meals at very reasonable prices. Greens available for barefoot bowls for individual or corporate groups. Telephone 3285 2267 email: [kallangurbowls@gmail.com](mailto:kallangurbowls@gmail.com) for more information.

**KALLANGUR**, the Pine Rivers Senior Citizens Club Inc. welcomes you to join us for indoor bowls, sq dancing every Tuesday, concerts 2nd Wednesday of month, bus trips 3rd Wednesday, and bingo last Wednesday of each month. Venue is the community hall 1480 Anzac avenue (opp Red Rooster) for further info please Fred on 32054024 or email [prsc2@gmail.com](mailto:prsc2@gmail.com).

**KALLANGUR OVER 50'S SOCIAL CLUB** - NEW DAY If you are interested in meeting new friends and playing affordable bingo, then come along to North Leagues Services Club on Tuesday mornings at 9.30 a.m. Enjoy a cuppa with friends. Other club activities include raffles, playing cards and monthly bus trips. Special occasions also celebrated throughout the year. Membership only \$5-00. Please contact Galene 3285 3905 or email [ng.parnell@gmail.com](mailto:ng.parnell@gmail.com) for more details.

**KOALA & WILDLIFE RESCUE PINE RIVERS** is a local community organisation that has been in operation for over 19 years. We can be contacted 24/7 for ALL wildlife on 0401 350 799. We meet at Pendicup Place 365 Samsonvale Rd Warner at 7pm on the 4th Thursday of each month all welcome. We are always looking for rescuers & new members. All enquiries please phone 0401 350 799.

**LADIES 50 - 60s** age bracket needed for social tennis, played at Chermiside Rd in Danzy Buchanan Park Mango Hill on Friday mornings from 8.30 am to 11.30 am please Contact Christine 0432042764 or Maureen 0424098073. Lovely ladies would welcome you.

**LADIES SMALL CARD CRIOQUET** Canasta five & pony 50's - 60's age bracket Wednesday 10am - 3pm North Lakes 3203 1239 Will teach if needed.

**LAKES ANGLICAN CHURCH SERVICES.** Sunday worship: 1st Sunday of each month Combined communion service and Children's Church at 9am: Every other Sunday there is a traditional communion service at 8am and at 10am there is a contemporary service which includes Children's Church up to age 11, modern worship, relevant sermons that address life's challenges.

**LIFE! CHURCH SERVICES:** 9:30am @ Kallangur State School & 5pm @ North Lakes State College. ALL ARE WELCOME. For more information, please go to [www.thelifechurch.org.au](http://www.thelifechurch.org.au)

**LIONES CLUB OF MORAYFIELD & DISTRICT** Come and join us to help support our local district. We meet on the 1st Thursday of each month for a Dinner Meeting. 6.00 for 6.30pm for a short meeting and socializing. Also, on the 3rd Wednesday morning 9.30 for 10.00am for a Business Meeting. Venues will be advised on contact. Contact Margaret Zonca 5499 0509 or Joy Hynes 5433 0650.

**LIONES CLUB OF REDCLIFFE CENTRAL** meet 2nd and 4th Mondays at 6.30pm. This is a great way to make new friends and help the community at the same time. For further information Phone Liz on 3284 9415.

**LIONS CLUB OF NORTH LAKES:** If you're a new resident of North Lakes wishing to integrate into the community and want to make new friends, please consider joining our club. We Dinner/Meet the 2nd & 4th Wednesday evenings of each month, have regular interesting guest speakers, are pro-active and incorporate a varied social outing calendar, mindful of keeping a balance between family, work and play. We're a very happy Lions club and encourage couples to join. Call Chris on 0429 457 722 and I'll arrange our Membership Chairman to call you.

**LIONS CLUB OF REDCLIFFE.** Our friendship club welcomes you to join us once a month for a fine meal with interesting guest speakers, and have a friendly get together once a month to play cards or just chat. Call Neil or Maureen Tyler on (07) 3204 8883 or Email [nghmytler@bigpond.com](mailto:nghmytler@bigpond.com)

**LIONS CLUB OF REDCLIFFE KIPPA-RING** Come join our flourishing club, supporting the local community. We run the Redcliffe Showgrounds Community Markets every Sunday from 6am - 11am. We visit the elderly & isolated, and recycle used spectacles to send to needy countries, plus more Meetings held 1st & 3rd Tuesdays at Rothwell Hall, Board meeting 2nd Tuesday. Call 0418 191 578.

**LORDS AND LADIES ASSEMBLE** Mousetrap's upcoming Musical Comedy, 'Once Upon A Mattress' is seeking Lords and Ladies for the Ensemble. If you possess the vocal and acting skills required and wish to join a fun filled show please contact the Musical Director, Theresa Kendall on 0412 260 467 or 3203 6251. This production is being directed by well known Brisbane theatre identity, Kurt A. Leps. Performances are 29, 30, August 5, 6, 12 & 13 at 7.30pm with two matinees on July 31 and August 7 at 2.00pm.

**MASONIC MEETINGS** Freemasons, and anyone interested in learning about Freemasonry, wishing to attend a Daylight Lodge. We meet 9-30am. the fourth Monday of every month at Freemasons Centre Seaville Av Scarborough, on the Redcliffe Peninsula. Our friendly Ladies, who attend every Luncheon, will extend a warm welcome to your wife, please bring your wife along. Phone Les 3888 0739.

**MEN'S SHED REDCLIFFE** Community is now up and running and available to All men, in the area. Activities, or just a cuppa and a yarn are on offer in this new Shed. The Shed is at The Community House 1 Lamington Drive, off Oxley Avenue and hours are Mon, Wed, Fri, 9-00am till 1-00pm. Call in for a chat or phone 0490 468 222 and speak to Wal or Joe

**MEN'S SHED** The Pine Rivers men's Shed operates every Monday, Tuesday, Wednesday and Friday 8.30am - 1.30pm at our shed, Old Petrie Town, Dayboro Rd, Kurwongbah. If



you like activities such as woodwork, metalwork, computing, etc and making items for the community, or if you just enjoy a cuppa and a chat – come along. All men of any age welcome. For further information contact Sal 32612323 or 0438612324.

**MORETON BAY CHRISTADELPHANS** Free Bible based seminars. On every Wednesday at 7.30pm. Various Topics. 4 Whites Rd Petrie. For more info call 0411 649 466 or email info@moretonbaycdesia.net

**MORETON BAY SYMPHONY ORCHESTRA** aims at providing quality music for the Moreton Bay region. MBSO performs a selection of music such as contemporary popular, classical and large scale symphonic music. Subsidiary groups include a Junior Strings (under 15), Youth Symphony (under 25), Jazz Band and Flute Choir. Play an instrument? We are always on the lookout for more musicians! Like us on Facebook! Email: enquiries@mbsso.org.au Visit our website at: www.mbsso.org.au

**MOUSETRAP THEATRE** Redcliffe Showgrounds home to plays, musicals, cabarets, pantomimes and theatre festivals. Acting workshops for primary & high school aged children. Technical workshops. We are a warm and friendly little theatre company, where everyone is welcome, either in acting, backstage, technical, directing roles etc. Further information: 0493 954 719

**NARANGBA ANGLICAN CHURCH** - Anglican Parish of Freshwater, 45 Pitt Rd, Burpengary Weekly Worship services at 6.00pm Sat evening. Visitors very welcome.

**NAVY CADETS** – TS Koopa Youth 13–19 Years Parade 630pm to 930pm Friday Nights TS Koopa Kai-Ma-Kuta Dr Sandstone Point Enquiries co.tskoop@navycadets.gov.au 0430 940 189

**NORTH LAKES COMMUNITY WOMEN'S GROUP INC.** meets on the first three Tuesdays of the month at 09:45 am at the Community Centre, The Corso, North Lakes. On other Tuesdays we meet for lunches, bus trips and planned outings. Enquiries please phone: Julie, 3886 4552; Colleen, 0418 658 442; or Carmen, 3491 9410. All welcome.

**NORTH LAKES UNITING CHURCH** offers a family service with children's Sunday School. Services each Sunday at 9:30am followed by fellowship and refreshments are held at The Lakes College located at Cnr College Street and Discovery Drive, North Lakes. All welcome. Contact Mark Comford on 0421 950 325 or email info@northlakesunitingchurch.org.au

**OLDER WOMEN'S NETWORK** Next meeting Tuesday 7th of June, Point Preventative Dental Problems in the older population, Speaker Jan Anderson Metro North Oral Health Services. Venue: Woody Point Memorial, Oxley Avenue, Woody Point. Entrance Fee \$4 for Morning Tea Lucky Door Prize. Contact M. 0411018570

**PEACE PRESBYTERIAN CHURCH** We welcome visitors to our church at 155-157 Maine Terrace, Deception Bay. Weekly service held at 9:30am and Kids' church starts at 9:45am. Regular Kids Club programme over two days during the school holidays. Teen club meets the first Friday of the month at 5:00pm for tea. Monthly craft group and an op-shop that opens the second Thursday of the month from 9am to 12noon. Please drop in and share a coffee and cake with us. For more information phone 3888 3781.

**PENINSULA ANIMAL AID** is an animal shelter dedicated to the care and rehoming of stray and surrendered cats and dogs. PAA (est. 1971) is run entirely by volunteers, and is located at 313 Duffield Road, Clontarf. For more information about adopting, bringing in an animal, volunteering, our Hydrobath or other ways to be involved visit [www.peninsulaanimalaid.com.au](http://www.peninsulaanimalaid.com.au) or phone 3284 1927.

**THE PENINSULA HERB GROUP** meets every third Saturday in The Wallum Centre at the Redcliffe Botanic Gardens, Henzell St Redcliffe. Meetings start at 1:30, we welcome all visitors and anyone interested in herbs. For any enquires please ring the secretary on 32843279 or herb garden coordinator on 32831828.

**PENINSULA SOCIAL GOLF CLUB** welcomes both male and female golfers of any level, with or without an AGU Handicap. Peninsula Social Golf Club plays a variety of courses with both single and team events, has an annual dinner and presentation evening and a weekend end of year trip. Any golfers interested can contact Club Secretary Noel Price 0413 781 830 [www.peninsulaisocialgolfclub.asn.au](http://www.peninsulaisocialgolfclub.asn.au)

**PINE RIVERS SENIOR CITIZENS CLUB** Inc. Kallangur welcomes you to join us for indoor bowls, sq dancing every Tuesday, concerts 2nd Wednesday of the month, bus trips 3rd Wednesday, and bingo last Wednesday of each month. Venue is the community hall 1480 Anzac Avenue (opp red rooster) for further info please ring Shirley on 38863184 or email prscc2@gmail.com.

**PINE RIVERS SLIMMERS CLUB.** Trying to lose weight? Need Help? Join us every Wednesday morning at the Lions Hall, Lawnton Showgrounds from 8.15am – 9.45am. Joining fee \$12. Weekly fee \$3. For a relaxed social atmosphere, friendly support, nutritional advice, recipes and competitions. 30years+ in the operating in the shire. Contact Chris 3285 2949

**PINE RIVERS VIEW CLUB** meets on the third Wednesday of each month for lunch at Murrumba Downs Tavern, Murrumba Downs. Interesting speaker. On the first Wednesday of each month we have an outing to a place of interest. Ladies come and meet new friends. Visitors welcome. Phone Sandra 3425 2738 and Elizabeth 38864937

**PINE RIVERS QCWA** Branch meets at 9:30 am on the 1st Wednesday of each month at the Girl Guide Hut - Nightingale Road - Lawnton. All welcome to come along and for further information Phone 5495 5151.

**PLAYGROUP MANGO HILL** 9.10 – 10.10am each Friday (except school holidays) for families of children planning to attend Mango Hill State School. Undercover and outdoor play, music and story time for children aged 2 – 5 with their parents/careers. Program led and facilitated by a teacher. All activities are free! Come along and get to know others in our caring school community. Contact Carmel Murphy cmrp61@eq.edu.au.

**PLAYGROUP REDCLIFFE** 9:30am Monday to Friday. 1 Richens St, Redcliffe [Redcliffe Uniting Church]. Well organised and structured playgroup. More details check out the Uniting Church website.

**PLAYTIME ROTHWELL** Thursday 9am -11am Mueller College A Block Morris Road. Suitable for children aged 0 to 4. Operates during school terms. Enjoy a cuppa and a chat with other adults while the children interact, playing with toys and doing craft. Shared morning tea is on a roster basis. Gold coin donation each week. Provided by Mueller Community Church. Contact Isabel on 3889 2867

**PROSTATE CANCER SUPPORT GROUP** for the Moreton Bay Region meets second Tuesday every month. There are medical profession speakers with an opportunity to talk to these and other men affected by the disease. Meetings start 6.30pm, Education Centre, Redcliffe Hospital. Men, partners and family members are welcome. More info contact Fred Travis on 3480 5904 or 0404 495 898.

**P.U.B.S** Home brew beer club, meets last Tuesday of every month at Kruger Hall, Kallangur at 7pm, for advice, comps and everything home brew, new members welcome, for more info call Greg on 0423205205

**PULSE YOUTH** is the youth program of Life! Church. Come check out the craziest games, pumping music, hear a great word, be part of a connect group and make amazing friends! Every Friday night, 6-8.15pm Kallangur State School Hall, School Rd, Kallangur! For more info contact Scott & Miriam on 0413905336 or youth - youngadults@thelifechurch.org.au

**PROBUS CLUB OF KALLANGUR** meets at 10am on the 4th Friday of the month at the Baptist Church Hall, Ogg Rd. Murrumba Downs, has bus trips and Walks and Talks and Morning Teas and Lunches. Visitors welcome VACANCIES NOW Join 38863656, Ken 33841313, Dorothy32851538

**PROBUS CLUB OF REDCLIFFE Inc.** The Club is for Male and Female retirees Seeking fellowship and fun. We enjoy Entertainment, Coach trips, Cruises, Dine-outs, Local and QPAC Theatre days, Lawn bowls, Beach BBQs & Coffee mornings, Meetings - second Monday of every month at the Redcliffe Golf Club. President Barry Lynch 3284-3434 or 0400 270 760 [gramps98@optusnet.com.au](mailto:gramps98@optusnet.com.au)

**PROSTATE CANCER SUPPORT GROUP** at Redcliffe meets on the second Tuesday of every month. Medical professionals speak at each meeting and is an opportunity to talk to these as well as other men and their partners affected by the disease. Partners of men attend regularly. Meetings start at 6.30pm at the Education Centre of Redcliffe Hospital. All men, partners and family members are welcome to attend. More info contact Fred Travis on 3480 5904 or 0404 495 898.

**QUEEN'S BEACH INDOOR BOWLS Club Inc.** Monday 7.15pm Thursday afternoon 1.15 pm Church Hall Cnr. Griffith Road, & Prince Edward Pde. Scarborough.

**QUOTA INTERNATIONAL CLUB** of North Lakes Inc. Ladies, if you are new to North Lakes and want to make new friends, share in serving our local community and supporting our

local and international projects, please consider joining our Club. Regular social events. We meet at North Lakes Health Precinct second Monday of each month 6.30pm for light supper and socialise, followed by our Business Meeting at 7pm. For more information call Brenda on 0408489387 or Glynis on 0413010088

**RECALIBRATE CHURCH** 9:30am & 6:00pm every Sunday @ 3 Plume Street, Redcliffe. EVERYONE IS WELCOME! Services include full kids provision from 2-11yrs, great worship, relevant and encouraging messages and brilliant opportunities to form community and friendships. Contact the office on 07 3284 6511, office@recalibrate.church and check out our website [www.recalibrate.church](http://www.recalibrate.church)

**REDCLIFFE BRANCH OF NATIONAL SENIORS.** Meets on the last Friday each month at 10-00 a.m. for 10-30 a.m. in the "Kokoda Room" of the Redcliffe R.S.L. Club. Phone secretary Lynette on 3204 1678

**REDCLIFFE CITY CHOR** practises weekly in the Rothwell area, Monday nights from 7:15-9:30pm. We sing a range of music - from pop, folk and jazz to classical and light opera. Most pieces are in four-part harmony. New members are always welcome! More information phone 3385 9778 or 3889 5789.

**REDCLIFFE COUNTRY MUSIC CLUB.** Dalton Hall, Redcliffe Showgrounds Scarborough Rd. Socials : 3rd Sunday 1.00PM. 4th Friday Night 7.30.PM. Quality Guest Artists & Walk-Ups. Contact Trudi on 3284 7609. All Welcome: Entry \$ 4.00.

**REDCLIFFE & DISTRICT FAMILY HISTORY GROUP.** Membership open to anyone wishing to research their ancestors. Our Library contains over 600 books, microfiches, CDs and computer access. Help is always available, with tea, coffee and a friendly chat. We meet every Tues & Thurs morning 9.30 am till 12.30 pm, and one Mon evening a month by appointment, at the Scout Hut, Isobell Street, Clontarf. Contact 3293 0567, or email RDFHG2012@gmail.com

**REDCLIFFE EXSERVICEWOMEN'S CLUB** Third Monday of each month, 10.30am, Meeting Room Redcliffe RSL, Irene St, Redcliffe. Exservicewomen of all ages from all services welcome to share social comradeship with others. Phone Wendy on 3880 2602 for more details.

**REDCLIFFE FAMILY FUN** is a new community Facebook page listing activities and events for families in Redcliffe and other Brisbane Northside suburbs. [www.facebook.com/RedcliffeFamilyFun](http://www.facebook.com/RedcliffeFamilyFun)

**REDCLIFFE GATEBALL CLUB** welcome all players aged between 8-90 years of age. Played every Saturday from 1pm to 4pm at the Bramble Bay Bowls Club. Gateball is a sport which combines brain play and mild physical exercise, non-contact, highly strategic team game. 30 minutes per game is all it takes for a game. Phone Geoff of 0400 525 250.

**REDCLIFFE HEALING ROOMS** Come and let God touch and heal you. Woody Point Community Centre Cnr Hornibrook Esp & Oxley Ave Woody Point Wednesday 7 - 9pm and Friday 10:30 - 1pm "Grandefine" Cnr Anzac Ave and Duffield Rd Kallangur Monday 10am -12noon All welcome. No appointment necessary. Enquiries 07 3284 1880

**REDCLIFFE LADIES PROBUS CLUB** Meets on the 2nd Thursday every month in the Seaspray Room, Belvedere Hotel, Woody Point at 9.30am for 10am. Enjoy morning tea, a guest speaker and outings. Visitors welcome. Contact Maureen 3283 7461 or Noelene 3203 6889.

**REDCLIFFE MULTITUDE CHOIR** is a non auditioned community choir singing a mix of pop, jazz and folk music, rehearsing every Thursday night during school terms at Margate Baptist Church Hall, 27 Duffield Rd. Margate. The only requirement is a love of singing. Contact 0402 121 155

**REDCLIFFE OVER 40 SOCIAL DANCE CLUB INC** Meets at CWA Hall Prince Edward Parade, every Wednesday night from 6.30-10.30 pm. Band music to modern and new vogue dancing. New participants most welcomed. Supper provided. Theme nights throughout the year. Singles, new dancers and all abilities welcomed. Non profit organisation. [www.over40socialdanceclub.org](http://www.over40socialdanceclub.org)

**REDCLIFFE OSTAMATE SUPPORT** And Carers Group Meet at the Cultural Centre Redcliffe in the Schillam Room at 10am on the first Tuesday of the month. Cost is \$2 and morning tea is supplied. For more information please contact Dot 54 95 1335.

**REDCLIFFE PENINSULAR DARTS ASSOCIATION:** Players needed to our Wednesday night fixtures. A & B Division Teams. No need to register with a full team - we can certainly get you in a side now. \$15 yearly registration & \$4 fees per night. Licenced bar facility. Call Patty Martin 3203 8587

**REDCLIFFE PENINSULA POETS** Group meet on the first Tuesday of the month at the Redcliffe Cultural Centre 7pm in the Winton room. Everyone is welcome to come along. Read your own poetry or some from a book!

**REDCLIFFE PENINSULA PROBUS CLUB Inc.** Meets on the 4th Tuesday of each month except December at the Kokoda Room, Redcliffe RSL Irene St. Redcliffe at 10.00am. New Members most welcome. Contact President Ray phone 3203 2611 or Secretary Neil phone 3284 4404.

**REDCLIFFE PENINSULA SURF LIVE SAVING** Want to part of the community? Fancy joining one of the most iconic Australian organisations? Ever thought of learning lifesaving skills? Situated at Suttons Beach, Redcliffe, we run a nipper program for those aged between 5 and 13 every Sunday between the months of September and March. Call 32844105 or go to [www.redcliffesfc.com.au](http://www.redcliffesfc.com.au)

**REDCLIFFE PENINSULA VIEW CLUB** extends a warm welcome to ladies who are looking for a new interest to join us on the second Thursday of each month at the Moreton Bay Boat Club, Scarborough. Meetings include lunch, a speaker or entertainment. Outings feature in our monthly program. VIEW supports the Smith Family's Learning for Life program. Contact Robyn 3481 6003

**REDCLIFFE POTTERY GROUP** is due to hold Semester 2 handbuilt pottery classes for beginners commencing on 7th May for Saturday class and 9th for Monday class. Fees will be \$100 for 2 hours lesson over 6 weeks including clay, firing and glazes. More details and the application form, visit our website on [www.redcliffe-pottery-group.org.au](http://www.redcliffe-pottery-group.org.au)

**REDCLIFFE RSL SUB-BRANCH** General Meetings of the Sub-Branch every two months on the third Sunday of the month at 10.30 am. We also conduct interviews for Service pensions, disabilities and Advocacy claims covering Service personnel, police and cadets. For appointments call 3889 4872.

**REDCLIFFE RUGBY UNION.** Senior Rugby Union training 6.30pm Tuesday & Thursday, Veterans touch footy 6.30pm Wednesday, senior games played Saturday, Veterans games played Friday night. Seniors & veterans (35+) team info, club news & game dates at [www.redcliffesrugby.com.au](http://www.redcliffesrugby.com.au) Enquiries to play Mark 0423214202 or senior.secretary@redcliffesrugby.com.au Ray Frawley Fields. Silcock St Clontarf

**REDCLIFFE SENIOR CITIZENS CENTRE** 401 Oxley Ave, Redcliffe, 4020. Membership \$8 with joining fee \$2. Activities, Table Tennis, Indoor Bowls, Darts, Concerts, Hoy, Snooker, Vogue Dancing, 500, Line Dancing, Pilates & Cheer Gung. Contact 3284 1366 or 0418 796936.

**REDCLIFFE SENIORS COMPUTER CLUB** - Club House 51 Sportsground Street Redcliffe. Tel: 3203 5593. Monday to Friday. Learn to use your computer, tablet, smart phone to send emails, search the internet, buy bills, do banking all in a friendly atmosphere. All lessons are individual at low cost. Further information available on our web page [www.rssc.com.au](http://www.rssc.com.au)

**REDCLIFFE SNOOKER CLUB INC.** Meets every Monday 5.00pm at our new Clubrooms, 1 Bowling Green Lane, Redcliffe for a social competition. We have 4 snooker tables and the rooms are also open to visitors 10.00am to 4.00pm every Thursday, Friday and Saturday for a practice hit. Costs are \$22.00 per hour per person with partner- for further information please ring Garry Wardle 041577189 or email snookerclub@optusnet.com.au

**REDCLIFFE SPIRITUAL DISCUSSION GROUP** meets at Unit 3 (down the back) 124-130 Oxley Avenue, Woody Point (near Ellen Street), on the first Friday of each month, at 7.30 pm. We explore theosophy, Alice Bailey writings, poetry of Rumi, holistic psychology of Carl Jung, the I Ching, Taoism and Zen, Feng Shui, Tibetan Buddhism, progressive Christianity, sacred sites, music, prayer, meditation and so on. All welcome. Tel: 3283 8386.

**REDCLIFFE TABLE TENNIS ASSOC INC** offers a social atmosphere and has a range of players from beginners to very experienced. The club is located at Clontarf High School Gymnasium in Isobell Street, Clontarf every Friday night from 7.30pm. Quality Stiga tables and 3 star balls are provided and bats are available for use by casual visitors. Charges are very reasonable. For further information contact Terry on 0407007143 or email redcliffe.tta@gmail.com.

**REDCLIFFE TPI SUB BRANCH** meets on the first Monday of every month, 9.30 a.m. at the Redcliffe Bridge Club Rooms in Irene Street Redcliffe (next to the RSL). All TPI, Special Rate Pensioners, prospective members and Spouses are invited to attend. Further information available from Mick Karolak on 3283 1721 or Pedro Newman on 3889 5704.

**REDCLIFFE UNITING CHURCH** - A Community aiming to be at the Heart of the community. Worship Sunday 9am, 1 Richens St, Redcliffe. Never boring, always engaging! Download our APP Redcliffe Uniting or check out our website.

**ROTARY CLUB OF KIPPA RING-NORTH LAKES** meets Wednesdays from 6.15 pm at Rotary District Office : Evergreen Centre 14-18 Discovery Drive, North Lakes. Rotary connects 1.2 million members from 34,000 clubs in 220 countries. Come join us. Once a week, we meet to help others in the wider community. It's life changing. Contact Garry Gibson on 0419 742 769

**ST JOHN AMBULANCE** Moreton bay Cadets and Adults ages 8 and up meet Thursdays from 6:30pm at the Redcliffe SES Hall 35 – 41 Portwood Street Redcliffe. For more information contact the Divisional Manager on 0402 895 206

**SATURDAY MORNING BICYCLE RIDE** in and around north lakes. I am seeking riders utilizing bike lanes and bikeways in a safe and friendly environment. 7am starts with a coffee/ drink break. beginners and intermediate riders, not setting any land speed records just enjoying the great infrastructure of north lakes. Phone Dean at Allsorts- BERG ph 0431286322

**SCOUTS** offers an exciting and adventure filled learning environment for youth members. Interested? Kallangur Scout Group invites boys and girls from age 6 upwards to join in the fun. For further information, contact Kerry on [ksgleader@outlook.com](mailto:ksgleader@outlook.com) or 0423158135.

**SEASONS** a Loss and Grief peer support program for Adults. Seasons consists of 6 x 2 hourly sessions comprising of 6 to 8 participants per group, and is facilitated by trained companions. The program uses the different seasons and images from nature to help people cope with their loss and grief. Contact: Trevor Andrew 0421 901 737 Sheryl Windsor 0402 819 385 Annette Plummer 0413 052 110

**SHED HAPPENS FOR MEN** on 4th Monday of each month John Naumann Hall Deception Bay Road Deception Bay. Guest Speakers, hear blokes tell their stories. Shed night is a place where men are inspired to be the best they can be as blokes, fathers, husbands, sons and mates. All Men welcome from age 16 to 116. BBQ starts 6pm donation \$10.00. contact: Trevor Andrew 0421901737 Paul Chambers 0419 998 815

**SINGLE SENIORS OVER 60yo** in Moreton Bay area. Would you be interested in joining a small social group of single men and women? We've all experienced the times when we would like to dine out, see a movie, have a picnic, see a show etc but maybe not on our own! So why not join our group and share company. If interested, please email Kate at [hopexy21@hotmail.com](mailto:hopexy21@hotmail.com).

**SLIMMER'S SUPPORT GROUP, KALLANGUR**, meets at Q.C.W.A. Hall, Anzac Ave., Kallangur on Friday Mornings at 9am. NEW MEMBERS WELCOME. For more information please contact Bev. 3882 4598, Denise 3205 3989 or Gail 3204 4163.

**SMALL DOG CARER'S CLUB.** Meet other dog lovers and socialise your small dog with other small dogs. Join the club and have your dog lovingly cared for while you are on holidays, no need to use a kennel. We meet once a month on the first Monday of the month. New members (retired or semi- retired) are welcome. Phone Kevin on 3881 1282 or email mhdhkl@hotmail.com.

**SOCIAL COFFEE LOVERS GROUP** If you enjoy coffee and stimulating conversation, and meeting new people then join us to take advantage of some of the beautiful Peninsula cafes on offer. If interested email Carolyn at [carolyn2527@hotmail.com](mailto:carolyn2527@hotmail.com).

**SOROPTIMIST INTERNATIONAL** Moreton North Lakes is a global voice for women representing 90,000 members in 126 countries. Our projects assist women and girls to access education and leadership opportunities, health care and human rights locally and internationally. Regular meetings and social events are held throughout the Moreton Bay Region. Contact Carly 0417 730 155 or Audrey on 0402776840 Email [simoretonnorth@siswp.org](mailto:simoretonnorth@siswp.org) [www.soroptimistinternational.org](http://www.soroptimistinternational.org)

**SOUTH AFRICAN LADIES GROUP** Join the "SA LADIES – North Lakes" facebook page to connect with fellow South Africans in the North Lakes and surrounding areas. Contact Catherine for more information. 0406781261 or [monks@gmail.com](mailto:monks@gmail.com)

**SPECIAL OLYMPICS MORETON NORTH CLUB.** We are a regional club of Special Olympics Australia. We bring the benefits of regular sport and competition to children and adults living with an intellectual disability, in the Moreton Bay region. Sports offered are swimming, basketball, athletics, soccer, cricket, golf, ten pin bowling and gymnastics. For more information, please contact Louise on 0411 822 055 or email [SOMN.Louisegee@outlook.com](mailto:SOMN.Louisegee@outlook.com).

**Spinal Life Australia's** Brisbane Post Polo Network will meet at 2.00pm on Saturday 11 June at Spinal Life Australia 109 Logan Road, Woollongabba. (Entrance and parking off Baladava Street). Guest Speaker will be Mandy Nielsen from Chronic Pain Australia. New members are welcome. For more information please contact Eric Rushton on 0403 191 698.

**SUPPORT FOR PARENTS** Concerned about your teen's behaviour? Don't know what to do? You're not alone. A lot of parents are facing problems just like yours.

**SUPPORT GROUP FOR MEN.** Men Supporting Men Inc. meets at the new Neighbourhood Centre, 9 George St, Caboolture (opposite the Caboolture State School) every Thursday from 6:45pm-10pm. The group encourages self awareness in a safe and supportive environment. Any man is welcome to attend. Enquiries: Allan 5497 4022 or Paul 0401 625 141 up to 9pm.

**SWIMMING CLUB** Come along for a free trial at our club nights held Fridays. Learn correct swim race techniques in a fun, social and family friendly environment all in our indoor heated 50m pool. Suitable for beginners through to National level swimmers that can swim a minimum 25m. Contact Head Coach Kirk Taylor 0405 577 204 or email [australianswimclub@gmail.com](mailto:australianswimclub@gmail.com) for more info.

**TABLE TENNIS ASSOCIATION** in Redcliffe hosts Table Tennis at Clontarf High School Gymnasium, Isobel Street, Clontarf on Friday Nights at 7.15pm. We provide the balls and have a range of bats available for use. The environment is social and new players/beginners are welcome. The nightly fees are very reasonable so for further information, please contact Terry on 0407007143 or email [redcliffe.tta@gmail.com](mailto:redcliffe.tta@gmail.com).

**TEAR** Groups are local groups that meet to discuss issues relating to poverty and injustice in Australia and overseas and to advocate on the behalf of disempowered and poor people – most often the poorest of the poor. A Christian Justice Group, meets locally on the first Monday of each month from 7pm-9pm. If you care about poverty, injustice and advocacy for the poorest of the poor then please join us. Phone Di on 073888 0571 or 04-08881507 for details of meetings.

**TUESDAY CLUB INC.** is a non-profit working organization that raises funds for the Underprivileged & Disadvantaged within the Redcliffe Area. Meetings are held at the Moreton Bay Boat Club every 2nd Tuesday of the Month at 10am, New Members very welcome. Contact Marion 3284 1526 or Loela 3284 4167

**THE USA PINE RIVERS** will be holding a social and information meeting on Friday 17th June 2016 at Bray Hall, O'Loane St, Petrie gathering from 9.30am for a 10.00 am start. Our activity today will be "COMPUTING AND CRAFT AND ART EXPO" showcasing the talents of our members with items for sale. Come and join us for a morning tea provided for a gold coin donation. This is an opportunity to book for social outings such as theatre and bus trips or renew membership.

**USA REDCLIFFE INC.** provides an educational environment for people in the third stage of life. It holds a variety of classes run by volunteer tutors. A subscription of \$20 per year applies and a small fee for each class of \$2. Computer classes are \$30 for 8 weeks. Make enquiries at the office on Level 1, 157-159 Sutton Street or call 3284 2687 email [usa@u3areddcliffe.org.au](mailto:usa@u3areddcliffe.org.au). More information is on the net at [www.u3areddcliffe.org.au](http://www.u3areddcliffe.org.au)

**WEIGHT REDUCTION CLUB OF REDCLIFFE.** A not for profit body assisting people to solve the problem of being overweight. We meet every Tuesday morning at the Community Hall, Morris Rd, Rothwell from 8:30 am. New members welcome - for more information ph: 3283 7118 or 0424 617 554 or email [wrcreddcliffe@hotmail.com](mailto:wrcreddcliffe@hotmail.com)

**WORLD HARVEST MINISTRIES.** You are invited to our Sunday worship services 9am and 6.30pm! Come and experience the presence and power of God! Let your life be transformed, receive healing in your body, soul and spirit. Learn about God's truth. We teach the uncompromised Word of God. Families welcome! 53 Telegraph Road, Bald Hills. Tel: World Harvest Ministries 3261 4555.

**ZONTA CLUB REDCLIFFE** Membership is open to all women who are actively involved in business and professions. Meetings are held on the 4th Monday at each month. Interested? Further information may be obtained by contacting [info@zontareddcliffe.org.au](mailto:info@zontareddcliffe.org.au) Or: 0457426806

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